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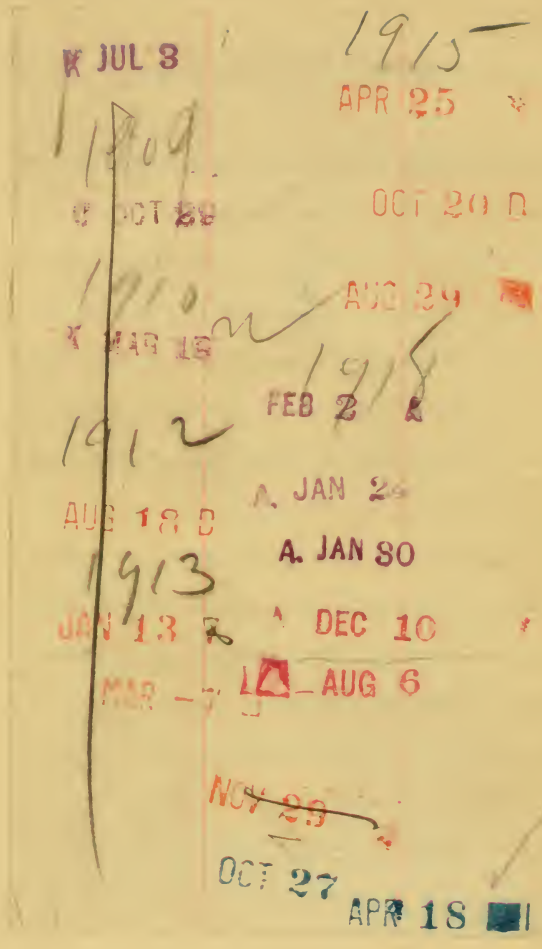
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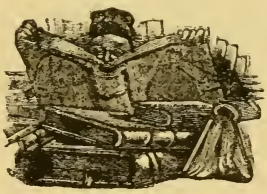
THE MURREY COLLECTION OF COOKERY BOOKS

BY

THOMAS J. MURREY

THE WELL KNOWN NEW YORK CULINARY AUTHORITY. PROPRIETOR OF THE RESTAURANT HOUSE OF REPRESENTATIVES, WASHINGTON, D. C. AUTHOR OF "SALADS AND SAUCES," ETC.



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CONTENTS

FIFTY SOUPS

FIFTY SALADS

BREAKFAST DAINTIES

PUDDINGS AND DAINTY DESSERTS

THE BOOK OF ENTRÉES

COOKERY FOR INVALIDS

PRACTICAL CARVING

LUNCHEON

OYSTERS AND FISH

THE CHAFING DISH

FIFTY SOUPS

CONTENTS.

Remarks on Soups, ... 7
Artichoke Soup, ... 12
Asparagus Soup, ... 12
Barley Soup, ... 12
Beans, Puree of, ... 35
Beef Stock, ... 9
Beef Tea, ... 13
Bouille-Abaisse, ... 15
Cauliflower Soup, ... 16
Celery, Cream of, ... 20
Chestnut Soup, ... 16
Chicken Broth, ... 17
Chicken Soup, ... 17
Chicken Soup, no. 2, ... 18
Clam Broth, ... 18
Clam Chowder, ... 19
Clam, Puree of, ... 35
Consomme, ... 20
Consomme Colbert, ... 20
Crab, Bisque of, ... 13

Cream Soup, ... 21
Croutons for Soup, ... 11
Fish Chowder, ... 22
German Soup, ... 23
Giblet Soup, ... 23
Glaze for Soup, ... 11
Green Turtle Soup, ... 23
Gumbo Soup, ... 26
Julienne Soup, ... 26
Lentil Soup, ... 27
Liebig's Soup, ... 27
Lobster, Bisque of, ... 14
Macaroni Soup, ... 27
Marrow Dumplings, ... 11
Mock Turtle Soup, ... 28
Mulligatawny Soup, ... 29
Mutton Broth, ... 29
Onion Soup, ... 30
Oxtail Soup, ... 30
Oyster Soup, ... 31
Pea Soup, ... 31
Pea Soup, Economical, ... 32
Potato Soup, ... 35
Rabbit Soup, ... 34
Rice, Cream of, ... 21
Scotch Broth, ... 35
Soup Stock, ... 8
Sorrel Soup, ... 35

Spring Soup, ... 36
Tomato Soup, ... 36
Turkey Soup, ... 37
Veal Stock, ... 10
Vegetable Soup, ... 37
Vermicelli Soup, ... 37

REMARKS ON SOUPS.

Soups, like salads, present an excellent opportunity for the cook to display good taste and judgment.

The great difficulty lies in selecting the most appropriate soup for each particular occasion; it would be well to first select your bill of fare, after which decide upon the soup.

The season, and force of circumstances, may compel you to decide upon a heavy fish, such as salmon, trout, or other oleaginous fishes, and heavy joints and entrées.

Under these circumstances it must necessarily follow that a light soup should begin the dinner, and *vice versa;* for large parties, one light and one heavy soup is always in order.

There is as much art in arranging a bill of fare and harmonizing the peculiarities of the various dishes, as there is in preparing the colors for a painting; the soup represents the pivot upon which harmony depends.

Soups may be divided into four classes: clear, thick, purées or bisques, and chowders. A puree is made by rubbing the cooked ingredients through a fine sieve; an ordinary thick soup is made by adding various thickening ingredients to the soup stock; clear soups are, properly speaking, the juices of meats, served in a convenient and appetizing form.

Chowders are quite distinct from the foregoing, being compounds of an infinite variety of fish, flesh, fowl, or vegetables, in proportions to suit the fluctuating ideas of the cook; the object sought is to prepare a thick, highly seasoned compound, without reducing the ingredients to the consistency of a purée.

Soup Stock.—The word stock when used in cooking means the foundation or basis upon which soups and sauces depend; it is therefore the most important part of soup making. Care should be excercised that nothing in the least tainted or decayed enters the stock pot; it is very desirable that soup stock be prepared a day or two before it is wanted; the seasoning should be added in moderation at first, as it is difficult to restore a soup that has been damaged by over seasoning.

Milk or cream should be boiled and strained,

and added hot when intended for soups ; when eggs are used beat them thoroughly, and add while the soup is hot. Should they be added when the soup is boiling, they are very apt to separate, and give the soup the appearance of having curdled ; the best plan is to beat up the egg with a little of the warm soup, then add it to the soup gradually.

In summer, soup stock should be boiled from day to day, if kept any length of time, else it may become sour : should this happen, add a piece of charcoal to the soup, boil, cool, and strain into freshly scalded earthen or porclain-lined ware. On no account allow the soup stock to become cold in an iron pot or saucepan.

To make Beef Stock.—Take six pounds of soup meat, cut it up into good sized pieces, break the bones into small pieces, place them in the stock pot, and add five quarts of cold water and two ounces of salt ; boil slowly for five hours, remove the scum as fast as it rises ; cut up three white turnips and three carrots, add these to the soup with two stalks of celery, one large onion quartered, six cloves, teaspoonful of whole peppers, and a small bunch of herbs.

When the vegetables are thoroughly cooked, strain the soup into a large saucepan, and set

it on back of range to keep hot, but not to boil, cut one pound of lean raw beef into fine pieces, put in into a saucepan, and add the whites and shells of four eggs; season with salt, pepper, and a little chopped parsley or celery tops; squeeze these together with your hand for fifteen minutes, until they are thoroughly incorporated, then add to the warm soup; allow the soup to simmer slowly one hour; taste for seasoning; strain into crocks, or serve. This is now called consommé or bouillon, and is the basis of nearly all soups; such items as macaroni, sago, Italian paste, Macedoine, and, in fact, nearly all kinds of cereals and soup ingredients may be added to this stock at different times to produce variety; they should all be boiled separately before adding to the soup.

Calf's feet and knuckle of veal may be added to the original or first pot if a very strong stock is required.

Veal Stock.—Chop up three slices of bacon and two pounds of the neck of veal; place in a stewpan with a pint of water or beef stock, and simmer for half an hour; then add two quarts of stock, one onion, a carrot, a bouquet of herbs, four stalks of celery, half a teaspoonful of bruised whole peppers, and a pinch of nutmeg with a teaspoonful of salt; boil gently for

two hours, removing the scum in the meantime. Strain into an earthen crock, and when cold remove the fat. A few bones of poultry added, with an additional quantity of water or stock, will improve it.

Croutons, or fried bread crumbs for soups, are prepared in this way :—Cut slices of stale home-made bread half an inch thick, trim off all crust and cut each slice into squares ; fry these in very hot fat ; drain them on a clean napkin, and add six or eight to each portion of soup.

Marrow Dumplings for Soups.—Grate the crust of a breakfast roll, and break the remainder into crumbs ; soak these in cold milk ; drain, and add two ounces of flour ; chop up half a pound of beef marrow freed from skin and sinews ; beat up the yolks of five eggs ; mix all together thoroughly, if too moist add some of the grated crumbs ; salt and pepper to taste ; form into small round dumplings ; boil them in the soup for half an hour before serving.

Glaze.—Glaze is made from rich soup stock, boiled down until it forms a dark, strong jelly. It is used in coloring soups and sauces and for glazing entrées. It should be kept in a stone crock.

Artichoke Soup.—Melt a piece of butter the size of an egg in a saucepan ; then fry in it one white turnip sliced, one red onion sliced, three pounds of Jerusalem artichokes washed, pared, and sliced, and a rasher of bacon. Stir these in the boiling butter for about ten minutes, add gradually one pint of stock. Let all boil together until the vegetables are thoroughly cooked, then add three pints more of stock ; stir it well ; add pepper and salt to taste, strain and press the vegetables through a sieve, and add one pint of boiling milk. Boil for five minutes more and serve.

Asparagus Soup.—Take seventy-five heads of asparagus ; cut away the hard, tough part, and boil the rest until tender. Drain them, and throw half into cold water until the soup is nearly ready, and press the other half through a hair sieve. Stir the pressed asparagus into two pints of stock, and let it boil ; add salt, pepper, and a small lump of sugar. Cut the remaining heads of asparagus into peas ; put them into the soup, and in a few minutes serve. If necessary color with a little spinach green.

Barley Soup.—Put into a stock pot a knuckle of veal and two pounds of shoulder of mutton chopped up ; cover with one gallon of

cold water ; season with salt, whole peppers, and a blade of mace ; boil for three hours, removing the scum as fast as it rises. Wash half a pint of barley in cold water, drain and cover it with milk, and let it stand for half an hour, drain and add to the soup ; boil half an hour longer, moderately ; strain, trim the meat from the bone, chop up a little parsley or celery tops, add a tablespoonful to the soup and serve.

Beef Tea.—Take half a pound of lean beef ; cut it up into small bits ; let it soak in a pint of water for three-quarters of an hour; then put both into a quart champagne bottle with just a suspicion of salt. Cork tightly, and wire the cork, so as to prevent its popping out. Set the bottle in a saucepan full of warm water, boil gently for an hour and a half, and strain through a napkin. Beef tea, without the fibrine of the meat, if administered often to a patient, will tend to weaken, instead of strengthening the invalid ; always add about a teaspoonful of finely chopped raw meat to a goblet of the tea, and let it stand in the tea for about five minutes before serving.

Bisque of Crabs.—Boil twelve hard-shell crabs for thirty minutes, and drain ; when cold break them apart, pick out the meat carefully, scrape off all fat adhering to the upper shell

and save these for deviled crabs (an excellent recipe for deviled crabs may be found in "Salads and Sauces.")

Set the crab meat aside ; put the under shell and the claws in a mortar with half a pound of butter and a cupful of cold boiled rice, and pound them as smooth as possible ; then put this into a saucepan, and add a heaping teaspoonful of salt, a bouquet of assorted herbs, a dozen whole peppers, a blade of mace, and three quarts of stock ; boil slowly for one hour, pour it through a sieve, and work as much of the pulp through the sieve as possible. Place the soup on the range to keep warm, but not to boil.

Beat up the yolk of one egg, and add it slowly to a quart of warm milk previously boiled ; whisk the milk into the soup ; taste for seasoning. Now take the crab meat and heat it in a little boiling water, drain, put it into a hot soup tureen, pour the soup over it and serve.

Bisque of Lobster.—Procure two large live lobsters ; chop them up while raw, shells and all ; put them into a mortar with three-fourths of a pound of butter, three raw eggs, and one quarter of a pound of cold boiled rice : pound to a paste, moisten with a little water or

stock, then set aside. Fry out two slices of bacon fat, add to it one minced onion, a tablespoonful of chopped celery tops, one chopped long red pepper, one sliced carrot, and a quart of stock, boil and pour the whole into a saucepan. Add the lobster and three pints more of stock ; boil slowly for two hours ; strain, and rub the ingredients through a sieve. Return to the soup ; keep it warm, but do not allow it to boil. If too thick, add a little more stock ; add salt to taste. Boil one quart of cream ; whisk it into the soup ; taste again for seasoning ; pour it into a hot soup tureen, and send to table.

This soup can be prepared by following receipt for bisque of crab, or it may be prepared by adding boiled lobster to a strong veal stock, and colored red by pounding the coral with butter, and adding this to the soup.

Bouille-abaisse.—Take six pounds of cod-fish ; cut it up into small pieces ; chop two red onions ; put them in a stewpan with an ounce of butter ; let them brown without burning. Now add the fish and four tablespoonfuls of fine olive-oil, a bruised clove of garlic, two bay leaves, four slices of lemon peeled and quartered, half a pint of Shrewsbury tomato catsup, and half a salt-spoonful of saffron. Add sut

ficient hot soup stock to cover the whole ; boil slowly for half to three-quarters of an hour ; skim carefully while boiling; when ready to serve add a tablespoonful of chopped celery tops.

Cauliflower Soup.—Fry half an onion in a very little butter ; when it is a light brown add a tablespoonful of minced raw ham and two or three stalks of celery, then add a quart of soup stock ; simmer slowly for half an hour. Boil for twenty-five or thirty minutes one medium-sized head of cauliflower in water slightly salted. Strain the contents of the frying-pan into a saucepan, and add one quart more of stock. Drain the cauliflower ; rub it through a fine sieve into the stock ; boil just once ; draw to one side of the fire ; taste for seasoning. Now dissolve a teaspoonful of rice flour in half a cupful of cold milk ; whisk the soup thoroughly ; pour into a hot tureen, and serve.

Chestnut Soup.—Remove the outer peel or coating from twenty-five Italian chestnuts ; pour scalding water over them, and rub off the inner coating. Put them into a saucepan with one quart of soup stock, and boil for three-quarters of an hours ; drain ; rub them through a colander, then through a sieve, with one tablespoonful of cracker dust, or pound to a paste in a mortar ; season with salt and pep-

per; add gradually the stock in which they were boiled; add one pint more of stock; boil once, and draw to one side of the fire.

Beat up the yolks of two raw eggs; add them to one quart of warm milk; whisk the milk into the soup; taste for seasoning; pour into a hot tureen, and send to table with croutons.

Chicken Broth for the Invalid.—Procure a dry-picked Philadelphia roasting chicken; cut it in halves; put one half in the ice box; chop the other half into neat pieces; put it into a small saucepan; add one quart of cold water, a little salt and a leaf of celery; simmer gently for two hours; remove the oily particles thoroughly; strain the broth into a bowl; when cooled a little, serve to the convalescent. Serve the meat with the broth.

Chicken Soup.—Take three young male chickens; cut them up; put them in a saucepan with three quarts of veal stock. (A sliced carrot, one turnip, and one head of celery may be put with them and removed before the soup is thickened.) Let them simmer for an hour. Remove all the white flesh; return the rest of the birds to the soup, and boil gently for two hours. Pour a little of the liquid over a quarter of a pound of bread crumbs, and when

they are well soaked put it in a mortar with the white flesh of the birds, and pound the whole to a smooth paste: add a pinch of ground mace, salt, and a little cayenne pepper; press the mixture through a sieve, and boil once more, adding a pint of boiling cream: thicken with a little flour mixed in cold milk; remove the bones, and serve.

Chicken Soup, No. 2.—Cut up one chicken, put into a stewpan two quarts of cold water, a teaspoonful of salt, and one pod of red pepper; when half done add two desert spoonfuls of well washed rice: when thoroughly cooked, remove the bird from the soup, tear a part of the breast into shreds (saving the remainder of the fowl for a salad), and add it to the soup with a wine-glass full of cream.

Clam Broth.—Procure three dozen little-neck clams in the shell; wash them well in cold water; put them in a saucepan, cover with a quart of hot water; boil fifteen minutes; drain; remove the shells; chop up the clams, and add them to the hot broth with a pat of butter; salt if necessary and add a little cayenne; boil ten minutes, pour into a soup tureen, add a slice of toast, and send to table. This is the mode adopted when we do not have a clam opener in the house.

Raw, freshly opened clams should be chopped fine and prepared in the manner above described. The large clams are better for chowders than for stews and broth.

Clam Chowder.—Chop up fifty large clams; cut eight medium-sized potatoes into small square pieces, and keep them in cold water until wanted.

Chop one large, red onion fine, and cut up half a pound of larding pork into small pieces.

Procure an iron pot, and see that it is very clean and free from rust; set it on the range, and when very hot, throw the pieces of pork into it, fry them brown; next add the onion, and fry it brown; add one fourth of the chopped clams, then one fourth of the chopped potato, and two pilot crackers quartered, a teaspoonful of salt, one chopped, long, red pepper, a teaspoonful of powdered thyme and half a pint of canned tomato pulp. Repeat this process until the clams and potato are used, omitting the seasoning; add hot water enough to cover all, simmer slowly three hours. Should it become too thick, add more hot water; occasionally remove the pot from the range, take hold of the handle, and twist the pot round several times; this is done to prevent the chowder from burning. On no account disturb the

chowder with a spoon or ladle until done ; now taste for seasoning, as it is much easier to season properly after the chowder is cooked than before. A few celery tops may be added if desired.

Consommé.—This is nothing more than beef stock, with a little more attention given to clarifying it. It is always acceptable if the dinner to follow is composed of heavy joints and side dishes. If the party consists of more than twenty, serve one thick soup and one light soup or consommé.

Consommé Colbert.—Prepare a strong consommé; add to two quarts of it a tablespoonful each of shredded young turnips and carrots and a tablespoonful of green peas; simmer until the vegetables are tender; taste for seasoning.

Poach four eggs in hot water in the usual manner; send these to table with the soup. In serving add one poached egg to each plate. It is well always to poach two extra eggs to be used should any of the others be broken in the service.

Cream of Celery.—Cut up six stalks of celery into half-inch pieces ; put them into a saucepan with one red onion quartered, one blade of mace, salt, and a few whole peppers;

add a quart of veal stock, and boil for one hour. Rub the ingredients through a sieve ; put the pulp into a saucepan, and add one quart more of veal stock ; boil ; then draw to one side of fire to keep hot.

Boil three pints of cream ; strain it into the soup ; whisk the soup at the same time (if not thick enough to suit your taste add a little flour) ; taste for seasoning ; pour it into a hot tureen ; serve with small pieces of toast or croutons.

Cream of Rice.—Wash thoroughly a half pound of rice ; pick out all imperfect or colored grains ; put it into a saucepan and add two quarts of stock. Boil slowly for one hour ; then rub the rice through a sieve twice ; return it to the stock ; season with salt and pepper. Care must be exercised that the rice does not adhere to the bottom of the saucepan. Simmer until wanted. Beat up the yolks of two eggs ; add them slowly to a quart of warm milk previously boiled ; whisk the milk into the soup, which must not be very hot ; then pour it into a hot tureen, and serve.

Cream Soup.—Prepare two quarts of strong veal stock ; set it on the back part of the range to simmer.

Boil one quart of cream ; whisk it into the

stock; pour it into a hot tureen, and serve with croutons. If convenient the breast of a boiled chicken may be added.

Fish Chowder.—Take two fine, fresh cod-fish, weighing six pounds each; clean them well; cut the fish lengthwise from the bone, and cut it into pieces two inches square. Chop up the bones and heads; put them into a saucepan; add three quarts of warm water, one red onion sliced, heaping teaspoonful of salt, a dozen bruised peppercorns, and a few stalks of celery. Boil until the fish drops from the bones; then strain into another saucepan.

Cut into small squares one peck of small potatoes and a pound and a half of salt pork; arrange the fish, pork, and potatoes into mounds; divide each equally into four parts; add one quarter of the fish to the stock, next a quarter of the pork, then a quarter of the potato, and three pilot crackers, broken into quarters, salt, pepper, and a little thyme. Repeat this process until the remaining three quarters of pork, fish, and potato, are used; cover all with warm milk; simmer slowly until the fish is tender, care being taken that the soup does not boil over; now taste for seasoning, serve as neatly as possible.

The above is the old-fashioned New Eng-

land fish chowder. Clams may be used instead of fish.

German Soup.—Melt half an ounce of fresh butter in a sauce-pan; when very hot, add half an onion, chopped fine, and a teaspoonful of caraway seeds. When the onion is slightly browned, add three quarts of strong veal stock, well seasoned; simmer gently for three quarters of an hour. Prepare some marrow dumplings; boil them in water, or a portion of the soup, and serve.

Giblet Soup.—An economical, and at the same time excellent, soup, is made from the legs, neck, heart, wings, and gizzard of all kinds of poultry. These odds and ends are usually plentiful about the holidays.

To turn them to account, follow general instructions for chicken soup; add a little rice, and your soup is complete.

Green Turtle Soup.—Many housewives imagine that green turtle is too expensive, and too difficult to prepare for household use, and for these reasons it is seldom met with in private families, except in tin cans. Even this is not always made from turtle.

This soup is not any more expensive than many other kinds. A small turtle may be purchased at Fulton market for from ten to twenty

cents per pound, and weighing from fifteen to forty pounds, the price varying according to the law of supply and demand. The only objection to small turtles is that they do not contain a very large percentage of the green fat, so highly prized by epicures.

Procure a live turtle, cut off the head, and allow it to drain and cool over night; next morning place it on the working table, lay it on its back, and make an incision round the inner edge of the shell; then remove it. Now remove the intestines carefully, and be very careful that you do not break the gall; throw these away; cut off the fins and all fleshy particles, and set them aside; trim out the fat, which has a blueish tint when raw; wash it well in several waters. Chop up the upper and under shells with a cleaver; put them with the fins into a large saucepan; cover them with boiling water; let stand ten minutes; drain and rub off the horny, scaly particles, with a kitchen towel.

Scald a large saucepan, and put all the meat and shell into it (except the fat); cover with hot water; add a little salt, and boil four hours. Skim carefully, and drain; put the meat into a large crock; remove the bones, and boil the fat in the stock. This does not take very long if first scalded. When done,

add it also to the crock; pour the stock into another crock; let it cool, and remove all scum and oily particles: this is quite work enough for one day. Clean the saucepans used, and dry them thoroughly.

Next day fry out half a pound of fat ham; then add one chopped onion, one bay leaf, six cloves, one blade of mace, two tablespoonfuls of chopped celery tops, a tablespoonful of salt, a teaspoonful of white pepper, and one quart of ordinary soup stock. Simmer for half an hour. Now put the turtle stock on the fire; when hot strain the seasoning into it; remove the turtle from the other crock, cut it up, and add to the stock; now add a pint of dry sherry.

Do not let the soup come to a boil; taste for seasoning, and if herbs are needed tie a string to a bunch of mixed herbs, throw them into the soup, and tie the other end to the saucepan handle; taste often, and when palatable, remove the herbs. If the soup is not dark enough, brown a very little flour and add to it. Keep the soup quite hot until served; add quartered slices of lemon and the yolk of a hard boiled egg, quartered just before serving; send to table with a decanter of sherry.

The yolks of the eggs may be worked to a

paste, and made into round balls to imitate turtle eggs if this is desired.

I have placed before my readers this complicated receipt in as simple a form as it is possible to do, having carefully avoided all the technical formulas used in the profession.

Gumbo Soup.—Cut up two chickens, two slices of ham, and two onions into dice; flour them, and fry the whole to a light brown; then fill the frying pan with boiling water; stir it a few minutes, and turn the whole into a saucepan containing three quarts of boiling water. Let it boil for forty minutes, removing the scum.

In the meantime soak three pints of ochra in cold water for twenty minutes; cut them into thin slices, and add to the other ingredients; let it boil for one hour and a half. Add a quart of canned tomatoes and a cupful of boiled rice half an hour before serving.

Julienne Soup.—Cut into fine shreds, an inch long, two carrots, two turnips, two heads of celery, and the white ends of two spring leeks. Put them into a frying pan, with one ounce of butter, a teaspoonful of salt, and one lump of cut sugar; simmer until tender, then add a cupful of stock. Put two quarts of veal stock in a saucepan; add the vegetables, and

a teaspoonful of chopped parsley, a little fresh sorrel if convenient (wild wood sorrel is the best for julienne) shredded. Taste for seasoning; boil once, and serve.

Lentil Soup.—Lentils are very nutritious, and form the basis of a most excellent soup; but they are little used in American cookery. Soak a pint of dry lentils for two hours; put them in a saucepan; add two quarts of cold water, half an onion, two or three celery tops, salt, whole peppers, and two or three ounces of the small end of a ham. Boil gently for three hours; add a little more hot water, if the quantity has been reduced by boiling, pour through a sieve, remove the ham, onion and celery; rub the lentils through a sieve, return to the soup; whisk it thoroughly; taste for seasoning, and serve with croutons.

Liebig's Soup.—An excellent soup may be prepared at short notice, as follows:—Take half an onion, three or four outer stocks of celery, one carrot sliced, salt, pepper, and a very little mace. Boil these in two quarts of water for half an hour; strain, and add to the water two table-spoonfuls of Liebig's Extract of meat; whisk thoroughly, taste for seasoning, and serve.

Macaroni Soup.—Boil half a pound of

Macaroni for half an hour, in three pints of water slightly salted; add a blade of mace. When done, drain, and cut it into two inch pieces. Put three pints of soup stock into a saucepan; add the macaroni; taste for seasoning, boil a moment and serve.

Mock Turtle Soup.—Take half a calf's head, with the skin on; remove the brains. Wash the head in several waters, and let it soak in cold water for an hour. Put it in a saucepan with five quarts of beef stock; let it simmer gently for an hour; remove the scum carefully. Take up the head and let it get cold; cut the meat from the bones into pieces an inch square, and set them in the ice-box.

Dissolve two ounces of butter in a frying pan; mince a large onion, and fry it in the butter until nicely browned, and add to the stock in which the head was cooked. Return the bones to the stock; simmer the soup, removing the scum until no more rises. Put in a carrot, a turnip, a bunch of parsley, a bouquet of herbs, a dozen outer stalks of celery, two blades of mace and the rind of one lemon, grated; salt and pepper to taste. Boil gently for two hours, and strain the soup through a cloth. Mix three ounces of browned flour with a pint of the soup; let simmer until it thick-

ens, then add it to the soup. Take the pieces of head out of the ice-box, and add to the soup; let them simmer until quite tender. "Before serving add a little Worcestershire sauce, a tablespoonful of anchovy paste, a gobletful of port or sherry, and two lemons sliced, each slice quartered, with the rind trimmed off." Warm the wine a very little before adding it to the soup. Keep in ice-box three or four days before using. Serve the brains as a side dish.

Mulligatawny Soup.—Divide a large chicken into neat pieces; take a knuckle of veal, and chop it up; put all into a large saucepan, and add one gallon of water; salt; boil for three hours or until reduced one-third. Put an ounce of butter in a hot frying pan, cut up two red onions, and fry them in the butter. Into a half pint of the stock put two heaping tablespoonfuls of curry powder; add this to the onion, then add the whole to the soup, now taste for seasoning. Some like a little wine, but these are the exception and not the rule. Before serving add half a slice of lemon to each portion. Many prefer a quantity of rice to be added to the soup before it is finished; the rice should be first well washed and parboiled.

Mutton Broth.—Take four pounds of lean mutton trimmings; cut them into neat pieces;

put them into a saucepan; add three quarts of cold water, one heaping teaspoonful of salt. Bruise, and add six peppercorns, three or four celery tops, and one young leek. Boil slowly for two hours; remove the scum as it rises. Boil a cupful of rice for twenty minutes; add it to the soup, and taste for seasoning; remove the celery, leek, and mutton bones; pour the soup into a hot tureen, and serve.

Substitute a knuckle of veal for mutton, and you will have an excellent veal broth.

Onion Soup.—Peel and cut into small pieces three medium-sized onions; fry them in a little butter until tender, but not brown; pour over them a pint of stock; add a little salt and cayenne. Simmer for fifteen minutes; press the soup through a sieve; put it in a saucepan, and add three tablespoonfuls of grated bread crumbs, and half a gobletful of hot cream. Taste for seasoning, and serve with small slices of toast.

Oxtail Soup.—Take two oxtails; cut them into joints, and cut each joint into four pieces; put them into a pan with two ounces of butter, and fry them for ten minutes. Slice two onions, one turnip, two carrots, and a dozen outer stalks of celery, and fry in the same butter, with three slices of bacon cut up fine; fry to a

light brown. Turn the ingredients into a saucepan with a quart of stock or ham water, and boil quickly for half an hour, then add two more quarts of stock, a bouquet of herbs, two bay-leaves, a dozen whole peppers crushed, a few cloves, and salt to taste. Simmer until the meat is quite tender; then take it out; strain the soup; skim off the fat, and thicken with two ounces of flour. Return the meat to the soup; add a tablespoonful of Worcestershire, and a cupful of sherry, and serve with grated rusks.

Oyster Soup.—Wet a saucepan with cold water; pour into it two quarts of milk. When at boiling point, add two dozen oysters and a pint of oyster liquor well seasoned with salt and pepper. Dissolve a tablespoonful of rice flour in a little cold milk; finally add a large tablespoonful of table butter; do not let the soup boil again as it will contract the oysters. Pour into a tureen, taste for salting, and serve, a few broken crackers may be added. The object in wetting the pan is to prevent the milk from burning.

Pea Soup.—Cut two large slices of ham into dice, with a sliced onion, and fry them in a little bacon fat until they are lightly browned. Cut up one turnip, one large carrot, four outer

stalks of celery, and one leek into small pieces; add these last ingredients to the ham and onion, and let them simmer for fifteen minutes; then pour over them three quarts of corned-beef water or hot water, and add a pint of split peas which have been soaked in cold water over night.

Boil gently until the peas are quite tender stirring constantly to prevent burning; then add salt and pepper to taste, and a teaspoonful of brown sugar. Remove the soup from the fire, and rub through a sieve; if it is not thick enough to suit your taste, add a few ounces of flour mixed smoothly in a little cold milk; return the soup to the fire, and simmer for half an hour. Cut up four slices of American bread into small dice, and fry the pieces in very hot fat until nicely browned; place them on a napkin or towel, and add a few to each plate or tureen of soup just before it goes to table.

Pea Soup, Economical.—Boil for four hours two quarts of green pea hulls in four quarts of water, in which beef, mutton, or fowl has been boiled, then add a bunch or bouquet of herbs, salt and pepper, a teaspoonful of butter, and a quart of milk. Rub through a hair sieve, thicken with a little flour, and serve with croutons, as in the foregoing receipt.

Potato Soup.—Wash and peel two dozen small sized potatoes; put them into a saucepan with two onions; add three quarts of corned-beef water; boil for one hour and a half until the potatoes fall to pieces. Pour the soup through a sieve, and rub the potato through it to a fine pulp; put the whole into the saucepan again; when very hot add a pint of hot rich cream, salt and pepper, if necessary; whisk thoroughly; pour into a tureen, add croutons, and serve.

Purée of Beans.—Soak two quarts of small, white beans over night; change the water twice; drain, put them into a pot or saucepan, and cover them with cold water. Boil slowly for six hours; as the water evaporates, add hot water. One hour before the beans are cooked add one pound of salt pork, a bunch of fresh herbs, half a dozen whole cloves, salt if necessary; when done pour the soup through a sieve, remove the pork and seasoning, and rub the soup through a sieve; add the pulp to the stock; taste for seasoning; pour the soup into a tureen, add croutons and serve. Many prefer a ham bone to pork.

Purée of Clams.—Chop twenty-five large hard-shell clams, very fine, and put them aside; fry half a chopped red onion in an ounce of

hot butter; add a teaspoonful of chopped celery tops, a blade of mace, one salted anchovy, six whole peppers, and a pint of soup stock. Let it boil; then strain into a saucepan; add the chopped clams and one quart of stock or hot water. Boil slowly one hour; strain all the clams through a sieve twice, and return to the stock; season with salt and cayenne. Keep the soup warm, but do not let it boil again; taste for seasoning. Boil one pint of cream in a saucepan previously wet with cold water; strain it, and add to the soup slowly. Mix a teaspoonful of rice flour in a little cold milk; add to the soup; whisk the soup; taste again for seasoning; pour it into a hot tureen, and serve.

Rabbit Soup.—Cut up two jack rabbits into neat pieces; put them into a stewpan containing one quarter of a pound of melted butter; add a slice of fat bacon cut into small pieces. Fry for five minutes in the butter; slice two small carrots, and two red onions, and add to the saucepan with one bay leaf, one blade of mace, four cloves, a few green celery stalks, one ounce of salt, and one long red pepper.

Pour over all, one gallon of stock; simmer gently for nearly three hours; skim carefully;

strain into a saucepan, and set on back of range to keep hot, but not to boil. Add half a pint of dry sherry, and serve with croutons. If not dark enough add a little glaze.

Scotch Broth.—Take two pounds of mutton trimmings; cut into neat pieces; put into a saucepan with three quarts of water, one large red onion, salt, and a dozen whole peppers. Boil gently, and remove the scum as it rises; wash half a pint of barley; soak it while the soup is boiling, and add it at the end of the first hour. Let the soup boil for two hours longer; taste for seasoning; pour slowly into a soup tureen, leaving the meat in the saucepan. Some prefer to take the meat out of the soup, and after removing the bones they return the meat to the soup.

Sorrel Soup.—Sorrel is an excellent ingredient for soup. Its acid leaves are much appreciated by the French; the wild sorrel may be used, but now that truck gardeners are cultivating it extensively, it will be found less troublesome to use the latter.

The Germans make the best sorrel soup; their recipe is as follows:—Wash and pick over two quarts of sorrel; remove the stems; then cut the sorrel into pieces. Heat two ounces of butter in a small saucepan; add the

sorrel and a few blades of chives ; cover without water and allow it to steam for half an hour. Stir to prevent burning ; sprinkle over this a tablespoonful of flour free from lumps. Now add three quarts of well-seasoned veal stock ; taste for seasoning ; boil once, and send to table with croutons or small bits of toast. This an excellent spring and summer soup.

Spring Soup.—Take two quarts of nicely seasoned veal stock ; place it on the range to keep hot, but not to boil. Cut into neat strips four young carrots, four young spring turnips, and two spring leeks ; add them to the stock. Now add half a pint of fresh green peas ; boil gently for fifteen minutes ; taste for seasoning, and serve.

Tomato Soup.—Cut four ounces of ham into dice ; slice two onions, and fry with ham in two ounces of butter ; when browned turn them into a saucepan containing three quarts of stock or corned-beef water, and add three carrots, two turnips, and one long red pepper, and a dozen outer stalks of celery. Simmer gently for one hour ; then add a quart of canned tomatoes ; boil gently for another hour ; rub the whole through a sieve, and simmer again with the liquor a few minutes ; add salt, and serve with fried bread crumbs.

Turkey Soup.—Take the remains of a cold roast turkey, trim off all the meat, break up the bones, and put them into a saucepan; cover them with two quarts of veal stock; salt and cayenne to taste. Boil gently for one hour; strain and skim. Now add the flesh of the turkey; simmer gently; dissolve a tablespoonful of rice flour in a little cold milk, and add it to the soup. Let it come to a boil; taste for seasoning, and serve with croutons.

Vegetable Soup.—Wash and clean two carrots and two turnips; cut them into slices, and cut each slice into small narrow strips; put them into a saucepan with four stalks of celery cut into inch pieces, a dozen button onions, one long red pepper, and a teaspoonful of salt; add three quarts of soup stock; boil until the vegetables are tender, add a lump of sugar, and serve. The carrots and turnips may be cut into fancy shapes with a vegetable cutter.

Vermicelli Soup.—Take one quarter of a pound of vermicelli; break it into pieces, and boil it for five minutes; drain and add it to three pints of strong soup stock. Boil once; draw to one side, and simmer gently for twenty minutes. Should any scum arise, remove it; taste for seasoning, and send to table with a little Parmesan cheese.

FIFTY SALADS

CONTENTS.

Remarks on Salads, ... 7
Borage for Salads, ... 8
Plain Salad Dressing, ... 9
Mayonnaise, ... 10
Anchovy Salad, ... 10
Asparagus Salad, ... 10
Beans, Lima, Salad of, ... 11
Beef Salad, ... 11
Beet Leaves Salad, ... 12
Bloater, Yarmouth, Salad of, . . . 12
Breakfast Salad, ... 12
Brussels-Sprouts Salad, ... 13
Carrot Salad, ... 13
Cauliflower Salad, ... 13
Celeriac Salad, ... 14
Celery Salad, ... 14
Cherry Salad, ... 15
Chicory Salad, ... 15
Chicken Salad, ... 15

Codfish (Salt) Salad, ... 17
Corn Salad, or Fetticus, ... 17
Crab Salad, ... 17
Cray-fish Salad, ... 18
Cress Salad, ... 18
Cucumber Salad, ... 19
Currant Salad, ... 19
Dandelion Salad, ... 19
Dumas Salad, ... 20
Eels, Mayonnaise of, ... 20
Egg Salad, ... 21
Endive Salad, ... 21
Escarole Salad, ... 21
Frog Salad, ... 22
Herbs for Salads, ... 22
Herring Salad, ... 23
Hop Salad, ... 23
Italian Salad, ... 24
Lamb Salad, ... 24
Lettuce Salad, ... 25
Lobster Salad, ... 25
Melon Salad, ... 26
Mint Salad, ... 26
Orange Salads, ... 26
Oyster Salad, ... 27
Pigeon Salad, ... 27

Pineapple Salad, ... 27
Potato Salad, ... 28
Prawn Salad, ... 28
Rabbit Salad, ... 29
Salmon Salads, ... 29
Sardine Salad, ... 30
Scollop Salad, ... 30
Tomato Salad, ... 31

E. C.'s Salad Dressing, ... 31
S. F.'s Shrimp Salad, ... 32

REMARKS ON SALADS.

Of the many varieties of food daily consumed, none are more important than a salad, rightly compounded. And there is nothing more exasperating than an inferior one. The salad is the Prince of the Menu, and although a dinner be perfect in every other detail except the salad, the affair will be voted a failure if that be poor. It is therefore necessary for those contemplating dinner-giving, to personally overlook the preparation of the salad if they wish favorable criticism.

To become a perfect salad-maker, do not attempt too much at first ; practise on plain salads and plain dressings before you try combination salads, fancy dressings, and elaborate garnishings, and you will soon become proficient in the art. Do not prepare plain salads until the moment they are wanted at table. Should they be mixed long before

they are served, you will find the lettuce flabby and the dressing watery and insipid.

The importance of using none but the purest condiments must not be overlooked, for a perfect salad cannot be made with inferior ingredients. Garnishing or decorating salads presents an opportunity for displaying artistic taste and judgment. The most deliciously blended salad will not be appreciated unless it is attractive in appearance. No exact rule can be laid down for garnishing ; much depends on the judgment and good taste of the salad maker. Original ideas are commendable. Wild flowers neatly arranged with alternate tufts of green are very pretty during warm weather. During cold weather garnish with pretty designs cut from beets, turnips, radishes, celery, etc.

Borage for Salads.—This is an excellent ingredient in nearly all vegetable salads. Cover a champagne-bottle with raw cotton or heavy, coarse flannel ; fasten it with thread ; set the bottle in a soup-plate, and pour warm water over it. Soak a handful of borage seeds in warm water for fifteen

minutes ; drain, and work them into the flannel around the bottle, as evenly as possible. Place the bottle and soup-plate in a warm, dark place until the seeds sprout ; then bring it to the light. Keep water in the plate constantly. When the shoots are a few inches long, trim them off, as wanted, and add them to any salad with a plain dressing.

Plain Salad Dressing is admissible with nearly all salads. It is composed of oil, vinegar, pepper, and salt, and nothing else. Many who do not care particularly for oil, use equal quantities of oil and vinegar, others one-third vinegar to two-thirds oil ; these proportions satisfy a large class, but four parts of oil to one of vinegar are about the right proportions, provided the vinegar is of the best.

The plain dressing is made in two ways, either mixed in a bowl and the salad added to it, or as follows : Take a tablespoon and put in it (holding it over the salad) one saltspoonful of salt, one-fourth this quantity of freshly ground pepper, and a tablespoonful of oil ; mix and add to the salad. Add three more tablespoonfuls of oil ; toss the salad lightly for a few seconds ; lastly, add a table-

spoonful of sharp vinegar ; toss the salad again, and serve.

Mayonnaise.—When preparing a mayonnaise in summer keep the bowl as cold as possible. Beat up the yolks of two raw eggs to a smooth consistency, add two saltspoonfuls of salt and one of white pepper, and a tablespoonful of oil. Beat up thoroughly, and by degrees add half a pint of oil. When it begins to thicken add a few drops of vinegar. The total amount of vinegar to be used is two tablespoonfuls, and the proper time to stop adding oil, and to add drops of vinegar, is when the dressing has a glassy look instead of a velvet appearance. After a few trials almost any one can make a mayonnaise, as it is very simple.

Anchovy Salad.—Wash, skin, and bone eight salted anchovies ; soak them in water for an hour ; drain and dry them. Cut two hard-boiled eggs into slices. Arrange the leaves of a head of lettuce neatly in a salad-bowl and add the anchovies and the eggs. Prepare a plain dressing in a soup-plate, pour it over the salad and serve. The fish may be minced, chopped, or cut into fillets.

Asparagus Salad.—Remove the binding round a bunch of asparagus, cut off an inch

of the root end of each stalk, scrape off the outside skin, wash them, tie them in bunches containing six to eight each, and boil, if possible, with the heads standing just out of the water, as the rising steam will cook them sufficiently. If covered with water the heads are cooked before the root ends. When tender, plunge them into cold water, drain, arrange them on a side dish, pour over them a plain dressing, and serve.

Beans, Lima, Salad of.—Boil one pint of lima beans for forty minutes in water slightly salted ; drain ; put them in a salad-bowl, and add three hot, boiled potatoes cut into slices. Mince a stalk of celery ; sprinkle it over the vegetables. Prepare a plain dressing, pour it over the salad, and set the bowl in the ice-box ; when cold, serve. A little cold, boiled tongue may be added if liked.

Beef Salad.—Cut into neat pieces, an inch in length, half a pound of boiled fresh beef. Take two heads of crisp lettuce, reject the outside leaves, wipe the small leaves separately, place them in a salad-bowl, add the beef. Chop up a sweet Spanish pepper, add a tablespoonful to the salad. Prepare

a plain dressing, pour it over the salad; just before serving, mix gently.

Beet Leaves Salad.—The seed-leaves of the beet were preferred by the Greeks to lettuce. They are served the same as lettuce. If a little old, scald them in hot water a moment. Swiss chard is the midrib of the beet leaf. Remove the leaves, cut the midribs into equal lengths, tie in small bunches, boil thirty minutes. Arrange on a side dish, pour over them a plain dressing and serve either hot or cold.

Bloater, Yarmouth, Salad of.—Take two whole fish from the can. Remove skin and bone, and cut them into pieces an inch square. Cut up three stalks of celery into inch pieces and each piece into strips; place these in a salad-bowl and add the fish. Chop up three salt anchovies with a dozen capers into very small pieces; strew over the salad; add a plain dressing and toss lightly before serving.

Breakfast Salad.—Scald two ripe tomatoes; peel off the skin, and place them in ice-water; when very cold, slice them. Peel and slice very thin one small cucumber. Put four leaves of lettuce into a salad-bowl, add the tomatoes and cucumber. Cut up one

spring onion ; add it, and, if possible, add four or five tarragon leaves. Now add a plain dressing and serve.

Brussels-Sprouts Salad.—Pick over carefully a quart of sprouts, wash well, and boil rapidly for twenty minutes (if boiled slowly they lose their color). Drain, and plunge them into cold water. Drain again, and put them into a salad-bowl. Mince one-fourth of a pound of boiled ham, arrange it neatly and evenly around the sprouts, and around this arrange a border of potato salad. Add a plain dressing, a teaspoonful of herbs, and serve.

Carrot Salad.—The young spring carrots are excellent when served as a salad. Take six of them, wash, wipe them with a coarse towel, boil them for ten minutes, drain and cut into narrow strips. Arrange neatly in the centre of a salad-bowl ; cut up half a pound of cold boiled mutton into neat pieces ; put it around the carrots. Mince a stalk of celery with a few tarragon leaves ; strew over the dish ; add a plain dressing and serve.

Cauliflower Salad.—Put into a basin of cold water a head of cauliflower, head downward, add half a teaspoonful of salt, and a

wineglass of vinegar. Let stand for half or three-fourths of an hour, drain, and put it into a saucepan to boil until tender. The length of time for boiling depends upon the size of the head. Remove the scum carefully as it rises, or it will discolor the cauliflower. When done separate the sprigs, and arrange them around the bowl, heads outward. Put into the centre of the dish a head of cabbage-lettuce, cover it with red mayonnaise (*see Lobster Salad*), and sprinkle a few capers on top. Mask the cauliflower with mayonnaise, garnish with beet diamonds, and the effect is very pleasing.

Celeriac Salad.—Celeriac, or turnip-rooted celery, is an excellent vegetable for the gouty and the rheumatic. When stewed and served with cream sauce, it is at its best. It may be used in salads either raw or boiled. If used raw, cut it into very thin slices; if cooked, cut it into inch pieces. Mix with it endive, potato, and a little boiled tongue, in equal proportions; serve with a plain dressing.

Celery Salad.—With the exception of lettuce, celery is more generally used as a salad in this country than any other plant.

Cut off the root end of three heads of cel-

ery ; wipe each leaf-stalk carefully, and cut them into inch pieces. Cut each piece into strips, put them into a salad-bowl, add a plain mayonnaise, and serve.

Cherry Salad.—Remove the stones from a quart of fine, black ox-heart cherries. Place them into a compote, dust powdered sugar over them, and add half a wineglassful each of sherry and curaçoa. Just before serving mix lightly.

Chicory Salad.—Thoroughly wash and drain two heads of chicory ; cut away the green leaves and use them for garnishing, or boil them as greens. Cut off the root-end from the bleached leaves, and put the latter into a salad-bowl that has been rubbed with a clove of garlic. Add half a dozen tarragon leaves, four to six tablespoonfuls of oil, saltspoonful of white pepper, and two saltspoonfuls of salt. Mix thoroughly. Now add a tablespoonful of tarragon vinegar, and you have a delightful salad.

Chicken Salad.—The average cook book contains a good deal of nonsense about this salad. Nothing can be more simple than to mix a little nicely cut cold boiled chicken and celery together, with a tablespoonful or two of mayonnaise. Put this

mixture into a salad-bowl, arrange it neatly, and over all add a mayonnaise. Garnish with celery tops, hard-boiled eggs, strips of beets, etc. Use a little more celery than chicken. Or, tear a few leaves of lettuce, put them in a salad-bowl, and add half a cold, boiled, tender chicken that has been cut into neat pieces ; pour over it a mayonnaise ; garnish neatly, and serve.

For large parties, and when the chicken is apt to become dry, from having been cut up long before it is wanted, it is best to keep it moist by adding a plain dressing. Drain it before using. Put on a flat side-dish a liberal bed of crisp lettuce. Add the chicken, garnish neatly, and, just before sending to table, pour over it a mayonnaise.

If in hot weather, arrange the salad on a dish that will stand in a small tub or kid. Fill this with ice, place the dish on top, pin a napkin or towel around the tub to hide it from view. Flowers, smilax, etc., may be pinned on this, which produce a very pretty effect.

In ancient times the fairest and youngest lady at table was expected to prepare and mix the salad with her fingers. "*Retourner la salade les doigts*," is the French way of

describing a lady to be still young and beautiful.

Codfish (Salt) Salad.—Take three pieces of codfish two inches square ; split them in two, and soak them in water over night. Change the water twice, next day drain and wipe dry. Baste each piece with a little butter, and broil (they make a very nice breakfast dish, served with drawn butter). When cool, tear them apart, and cover with a plain salad dressing ; let stand for two hours. Half fill a salad-bowl with crisp lettuce leaves ; drain the fish and add it to the lettuce ; add mayonnaise ; garnish with lemon-peel rings, hard-boiled eggs, etc., and serve.

Corn Salad, or Fetticus.—Carefully pick over two quarts of fetticus ; reject all damaged leaves ; wash, and dry in a napkin. Place in a salad-bowl ; add a pint of minced celery and two hard-boiled eggs, chopped fine ; finally add a plain dressing, toss, and serve.

Crab Salad.—Boil three dozen hard-shell crabs for twenty-five minutes. Let them cool, then remove the top shell and tail ; quarter the remainder, and pick out the meat carefully with a nut-picker or kitchen

fork. The large claws should not be forgotten, for they contain a dainty morsel; the fat that adheres to the top shell should not be overlooked. Cut up an amount of celery equal in bulk to the crab meat; mix both together with a few spoonfuls of plain salad dressing; then put it in a salad-bowl. Mask it with a mayonnaise; garnish with crab-claws, shrimps, and hard-boiled eggs, alternated with tufts of green, such as parsley, etc.

Cray-fish Salad.—Cray-fish (or craw-fish) resemble small lobsters; they are excellent as a salad, and are extensively used in garnishing fish salads. Boil two dozen cray-fish for fifteen minutes in water slightly salted; break the shells in two; pick out the tail part of each; cut it in two lengthwise; remove the black ligament. Put into a salad-bowl the small white leaves of a head of cabbage-lettuce; add the fish; pour over them a mayonnaise. Garnish with the head part of the shells, tufts of green, and hard-boiled eggs.

Cress Salad.—Cress is one of our best spring salads. Pick the leaves over carefully, removing the bruised leaves and all large stems. Mince a young spring onion:

strew it over the cress, add a plain dressing, and serve.

Cucumber Salad.—If properly prepared, cucumbers are not apt to interfere with digestion. They should be gathered early in the morning and kept in a cool place until wanted. After peeling, slice them *very* thin ; sprinkle a little salt over them ; let stand ten minutes, and add cayenne, and equal parts of oil and vinegar. If allowed to remain in salt water any length of time, if oil is omitted, or if their natural juices are squeezed out of them, they become indigestible.

Currant Salad.—Put a pint of red currants in the centre of a compote. Around them make a border of a pint of white currants, and around these arrange a border of red raspberries. Set the dish on the table. Take a pint of sweet cream, add to it three tablespoonfuls of powdered sugar ; stir it up to dissolve the sugar ; while doing so add a tablespoonful each of brandy and curaçoa. Set the sauce on the table ; dish up the fruit ; and let each guest help himself to the sauce.

Dandelion Salad.—A dandelion salad is one of the healthiest of spring salads. Take

two quarts of freshly gathered dandelions ; wash them well ; pick them over carefully ; let stand in water over night, as this improves them. Drain, and dry in a napkin ; place them in a salad-bowl ; add two young spring onions, minced. Serve with a plain dressing.

Dumas Salad (Devised by Alexandre Dumas).—"Put in a salad-bowl a yolk of egg boiled hard ; add a tablespoonful of oil, and make a paste of it ; then add a few stalks of chervil chopped fine, a teaspoonful each of tunny and anchovy paste, a little French mustard, a small pickled cucumber chopped fine, the white of the egg chopped fine, and a little soy. Mix the whole well with two tablespoonfuls of wine vinegar ; then add two or three steamed potatoes sliced, a few slices of beet, same of celeriac, same of rampion, salt and Hungarian pepper to taste ; toss gently twenty minutes, then serve."

Eels, Mayonnaise of.—Put into a salad-bowl two heads of bleached endive, each leaf having been previously examined. Take six pieces of potted eels about two inches long ; remove the bone ; break the eels into neat pieces, and arrange them on the en-

dive; add a mayonnaise, garnish, and serve.

Egg Salad.—Put into a salad-bowl the small crisp leaves of a head of lettuce; add four hard-boiled eggs sliced. Mince a dozen capers; sprinkle over the eggs, and add a plain dressing.

Endive Salad.—The curled endive is excellent for fall and winter salads. Pick the leaves over carefully; separate the green from the white; put the latter into a salad-bowl, add minced salad herbs, and a suspicion of onion. Serve with plain dressing.

Escarole Salad.—This is one of the best salads known. Serve it as follows: Take two heads of escarole; reject all green and decayed leaves; place the white bleached leaves in a salad-bowl, after being thoroughly washed and dried in a napkin; take a small piece of crust of bread, and a clove of garlic, dip the garlic in salt and rub it a few times on the bread; add the piece of bread to the salad-bowl. Next add half a teaspoonful of salt, a saltspoonful of pepper, and four tablespoonfuls of the very best olive oil; toss the salad gently; then add a tablespoonful of tarragon vinegar; toss again; remove the piece of crust, which is

known as "Chapon," and serve. Escarole is the broad-leaved variety of the well-known *endive*.

Frog Salad.—This is a delicious salad. Soak two dozen frogs' legs in salt water for one hour; drain; stew them slowly until quite tender; take them out of the boiling water and cover them with milk. Let this come to a boil; drain and cool; remove the bones. Cut up celery enough to half fill a salad-bowl; add the frogs which should nearly fill the bowl. Arrange neatly; cover with mayonnaise; garnish with lobster-claws, little tufts of shrimps, and green herbs, alternated with hard-boiled eggs quartered lengthwise.

Herbs, Salad.—The most important desideratum (except possibly pure condiments) in the art of salad making, is those little salad herbs that to many appear insignificant, but to the epicure perfect a salad. All travellers tell us that French salads are far superior to the salads of other countries; but without fragrant herbs the French salads would be as insipid as those of England. I strongly advise my readers to cultivate a taste for these precious little herbs: Tarragon, borage, chervil, chives, and pimpernell.

Herring Salad.—Soak four salt Holland herrings in water or milk for three hours; then remove the skin and back-bone and cut them into neat square pieces. Slice two quarts of boiled potatoes; while hot, put them into a dish and pour over them Rhine wine enough to moisten them; when cold add the herring and the yolks of four hard-boiled eggs, chopped up. Crush a dozen pepper corns in a napkin, with a knife-handle, add to the salad and mix all together. If milt herring are used, pound the milt to a paste, moisten with vinegar, add to the salad. If roe herring are used, soak the roe in vinegar for a few minutes and strew the eggs over the salad. If the herrings have been soaked too long a little salt should be added. The above is a true herring salad, though some add a little oil, but the majority prefer it as above directed.

Hop Salad.—Hop-sprouts are not only wholesome but are a most excellent vegetable. In hop-growing districts the surplus sprouts are thrown away. This is an error. Gather the sprouts before the heads develop, soak them for half an hour in water slightly salted; drain; boil for ten minutes, and serve them with a plain salad

dressing. They may be eaten either hot or cold.

Italian Salad.—Nearly all mixed vegetable salads that contain various ingredients may be safely called *à l'Italienne*, for all culinary odds and ends are made into salads by these thrifty people, and it must not for an instant be supposed that the different items are thrown indifferently together. On the contrary, they study the all-important problem of how to first please the eye, so that their gastronomic effort may more easily please the palate. A salad of eight or ten ingredients is usually arranged on a round plate, wheel fashion, with half of a hard-boiled egg, cut crosswise, to represent a hub. When only five ingredients are used, the salad takes the forms of stars or other shapes as fancy dictates. They are usually served with plain salad dressing.

Lamb Salad.—In hot weather this salad is very acceptable. Put into a salad-bowl the crisp small centre leaves of two heads of cabbage lettuce. Cut up three-fourths of a pound of cold roast lamb, add to the lettuce. Chop up a dozen capers with a few tarragon leaves ; strew over the salad ; serve with a plain salad dressing.

Lettuce Salad.—Take two good sized heads of the broad- or long-leaved varieties of lettuce ; separate the leaves ; wipe them carefully to remove all grit ; break or tear each leaf apart (do not cut lettuce) ; put them in a salad-bowl ; add oil, pepper, and salt, and a teaspoonful of chopped herbs ; toss lightly. Now add the vinegar, toss again, and serve immediately.—For proportions see Plain Salad Dressing.

Lobster Salad.—Take two live hen or female lobsters ; boil them thirty minutes ; drain. When cold, break them apart ; crack the claws, and if the tail fins are covered with eggs remove them carefully. Take out the sand pouch found near the head, split the fleshy part of the tail in two lengthwise, remove the small long entrail found therein. Adhering to the body-shell may be found a layer of creamy fat, save this, and also the green fat in the body of the lobster (called Tom Alley by New Englanders) and the coral. If celery is used, tear the lobster into shreads with forks ; if lettuce, cut the lobster into half inch pieces ; place the salad herb in a bowl, add the lobster and the fat ; and pour over it a rich mayonnaise ; garnish with the claws and

heads, tufts of green, hard-boiled eggs, etc. The lobster eggs may be separated and sprinkled over the mayonnaise. The coral is used for coloring mayonnaise, and also butter, which is then used in decorating salmon and other dark fish, used in salads.

Melon Salad.—The best way to eat a melon is unquestionably with a little salt, but melons are very deceptive, they may look delicious, but from growing in the same field with squashes and other vegetables they often taste insipid. Such may be made quite palatable in salads. Cut the melon into strips ; then remove the skin ; cut the eatable part into pieces, and send to table with a plain dressing.

Mint Salad.—This is an egg salad with the addition of six leaves of mint chopped fine, serve with a plain dressing, and with or after cold roast lamb.

Orange Salads.—Peel and slice three oranges that have been on ice. Remove the seeds, arrange the slices in a compote, cover with powdered sugar, and add two tablespoonfuls each of maraschino, curaçoa, and brandy. Let it stand an hour in the ice-box before serving. Or, arrange in a dish a neat border of cold boiled rice. Peel and

divide into sections three Florida oranges; put the oranges in the centre, dust powdered sugar over all, and set the dish in the ice box. Just before serving pour over the salad two wineglassfuls of arrack. A plain salad dressing is served with orange salad in some places in the East, but would not suit the American palate.

Oyster Salad.—Boil two dozen small oysters for five minutes in water enough to cover them; add a little salt and a tablespoonful of vinegar; drain and cool. Put into a salad-bowl the centre leaves of two heads of cabbage lettuce, add the oysters whole, pour over them a mayonnaise; garnish with oyster-crabs, hard-boiled eggs, and, if liked, a few anchovies cut into fillets.

Pigeon Salad.—Wild pigeons are at times so plentiful that they can be purchased for 75 cents per dozen. They are usually served broiled, roasted, or in pies; but pigeon salad is a very dainty dish. Take equal parts of celery and roasted pigeon; arrange neatly, with mayonnaise; garnish and serve.

Pineapple Salad.—Peel and dig out the eyes of two very ripe pineapples. Take hold of the crown of the pine with the left hand; take a fork in the right hand and

with it tear the pine into shreds until there is nothing left but the core, which throw away. Place the shredded fruit lightly in a compote. Take half a pint of white sugar syrup ; add to it a wineglassful of arrack, a tablespoonful of brandy, and one of curaçoa. Mix and pour over the pines. Set in ice-box. When cold, serve.

Potato Salad.—Cut up into slices two quarts of boiled potatoes *while hot ;* add to them a teaspoonful each of chopped onion and parsley ; pour over them a liberal quantity of plain salad dressing. If the potatoes should then appear too dry, add a little hot water, or better still, soup stock ; toss lightly so as not to break the slices ; then place the salad on ice to become cold. Serve by placing a leaf of lettuce on each small plate, and add two tablespoonfuls of the potato to the lettuce, for each person. Cold boiled potatoes do not make a good potato salad.

Prawn Salad.—These dainties can always be obtained in Fulton Market, cooked and shelled. Take one quart of prawns and one quart and a pint of cut celery ; put the celery in a bowl ; add the prawns ; garnish neatly and serve with a mayonnaise.

Rabbit Salad.—Rabbits are always cheap and good, from November to January, and should be enjoyed by the poor as well as the rich. Cut up the flesh of two roasted rabbits into neat pieces ; place them in a bowl and cover with a plain dressing ; add a teaspoonful of minced salad herbs ; let stand for four hours. Put into a salad-bowl the leaves of three hearts of cabbage lettuce ; drain the meat, and add to the lettuce. Put into a soup plate a teaspoonful of French mustard ; thin it with a tablespoonful of the dressing drained from the meat, and gradually add to this a pint of mayonnaise, then poor it over the salad.

Salmon Salads. — Broil two salmon steaks ; when done break the fish into flakes and add to it a little salt, pepper, and two tablespoonfuls of lemon juice. Let stand for an hour. Half fill a salad-bowl with lettuce ; add the fish, and garnish with hard-boiled eggs, stoned olives, and a few spiced oysters.

No. 2.—Put into a salad-bowl three stalks of celery, sliced ; add half a pound of canned salmon ; arrange neatly ; add mayonnaise ; garnish and serve.

No. 3.—Boil a six-pound salmon, whole ;

when done and cold place it on a long fish-platter; prepare a red mayonnaise (see lobster salad); fill a paper cornucopia with the sauce and squeeze it through the small end over the fish in waves, to represent scales. Garnish with the small centre hearts of lettuce, hard-boiled eggs, cray-fish, and little mounds of shrimps or oyster crabs.

Sardine Salad.—Wash the oil from six sardines, remove skin and bone and pour a little lemon juice over them. Put into a salad-bowl the leaves of a head of crisp lettuce; add the fish. Chop up two hard-boiled eggs, add to the fish, and serve with a plain dressing. Some do not approve of the washing process, but one of the principal reasons why Americans dislike oil is the fact that they first tasted it on sardines with which a poor fish-oil is generally used, and the reason that the trade in sardines has fallen off, is owing to the poor oil used in the canning of these otherwise dainty fish.

Scollop Salad.—Soak twenty-five scollops in salt water for half an hour; rinse them in cold water and boil twenty minutes; drain. Cut them into thin slices; mix with an equal quantity of sliced celery; cover with mayonnaise, garnish, and serve.

Tomato Salad.—A perfect tomato salad is prepared as follows: Take three fine ripe August tomatoes and scald them a moment; skin, and set on ice to cool; slice; put them into a salad-bowl; add a teaspoonful of chopped tarragon and a plain salad dressing. Sliced tomatoes with mayonnaise are not to be despised.

E. C.'s Salad Dressing.

Pour one pint of boiling water into a farina boiler; add six tablespoonfuls of vinegar; place on the stove. Beat six eggs lightly. Mix, with a little cold water, two tablespoonfuls of mustard, two teaspoonfuls of salt, a pinch of cayenne pepper, and one heaping tablespoonful of corn-starch.

Beat this mixture up with the eggs, and stir it very slowly into the boiling water and vinegar, after having removed the latter from the stove—in order to prevent possibility of curdling. Return to the stove; stir constantly until quite thick. Remove from the stove, and add immediately half a pound of butter; stir until the butter is thoroughly melted. Now put the yolks of two

eggs on a plate, and, using a fork, mix gradually with them half a pint of olive-oil, stirring it in vigorously. When the first mixture is cold, beat the second into it. If more oil is desired, the yolk of another egg must be mixed with it.

This recipe will make about one quart of dressing. If less is wished, part of the first mixture can be saved in a cool place, and can be used later by making a fresh supply of the olive-oil mixed with yolk of egg.

S. F.'s Shrimp Salad.—Boil a quart of fresh shrimps for twenty minutes. Open and throw away the shells. Take the crisp leaves of a head of lettuce, and place in a salad-bowl with two fresh tomatoes peeled and sliced. Add the shrimps and pour over all a mayonnaise—red, if convenient—and serve.

BREAKFAST DAINTIES

CONTENTS.

PAGE

REMARKS ON BREAKFAST COOKERY, ... 9

FRUITS.

APPLES, BAKED, ... 11
BANANAS, ... 11
BLACKBERRIES, RASPBERRIES, ETC., 11
CANTALOUPES, ... 11
CHERRIES, ... 12
CURRANTS, ... 12
FIGS AND DATES, ... 12
GRAPES, ... 12
MELONS, ... 13
ORANGES, ... 13
PEACHES, ... 13
PEARS, ... 13
PINEAPPLES, ... 14
PLUMS, ... 14
STRAWBERRIES, ... 14
MISCELLANEOUS, ... 14

BEVERAGES.

COFFEE, ... 15
"AFTER DINNER" COFFEE, . 17
BOILING WATER FOR COFFEE, . 18

PAGE

TEA, ... 18
COCOA AND CHOCOLATE, . . . 18

BREAD, ETC.

BREAD, ... 20
"HOME-MADE" BREAD AND ROLLS, 23
SALT, ... 23
MAIZE, OR INDIAN CORN, . . . 24
CORN BREAD, ... 25
CORN MEAL CUSTARD, . . . 25
"BOSTON BROWN BREAD," . . 26
MAIZE MUFFINS, ... 26
GRAHAM MUFFINS, . . . 27
BREAKFAST BISCUIT, ... 27
MILK BREAD, ... 27
ROLLED WHEAT BISCUIT, . . . 28
TO TEST THE OVEN, . . . 28

TOAST.

DRY TOAST, ... 29
DIP TOAST, ... 29
MILK TOAST, ... 30
ANCHOVY TOAST, ... 30
CLAM TOAST, ... 30
MARROW BONE TOAST, . . . 30
OYSTER TOAST, ... 31
SALMON TOAST, ... 31
TONGUE TOAST, ... 31

EGGS AND OMELETS.

PAGE

To Test Eggs, . . . 32
Baked Eggs, . . . 32
Omelets, ... 32
Cheese Omelet, . . . 34
Omelet with Herbs, . 34
Onion Omelet, . . . 34
Oyster Omelet, . . . 34
Omelette au Rhum, . . 35
Spanish Omelet, . . . 35
Sweet Omelet, . . . 36

POTATOES.

Potatoes in General, . . 36
Boiled Potatoes, . . . 37
Lyonnaise Potatoes, . . 38
Potatoes au Cochon, . . 38
Potatoes au Gratin, . . 38
Potatoes, Sautéed, . . . 38

MISCELLANEOUS BREAKFAST DISHES.

Artichokes (French), . . 39
Artichokes (French), Fried, . 39
Chicken Croquettes, . . 40
Chicken, Devilled, . . . 40
Chicken, Fried, . . . 40

PAGE

Crabs, Soft-Shell, . . . 41
Filet of Sole; Sauce Tartare, . 42
Hamburg Steak, ... 42
Hominy Fritters, ... 43
Kidney, Sautéed, ... 43
Lamb Chops with French Peas, . 43
Mushrooms on Toast, . . . 45
Mutton Chops with Fried Tomatoes, ... 45
Oysters, Broiled, . . . 46
Pork and Beans, ... 46
Reed Birds, ... 48
Salt Codfish, Broiled, . . . 49
Sardines, Broiled, . . . 49
Sauce Tartare, ... 49
Sausages, ... 50
Smelts, Broiled, ... 50
Smelts, Fried, ... 50
Squabs, ... 50
Steak, Tenderloin; Sauce Bearnaise, ... 51
Steak, Sirloin; Sauce Bordelaise, 52
Tomato Sauce, ... 52
Tripe with Oysters, ... 53
Tripe, Lyonnaise, . . . 53
Turkey, Minced, with Poached Egg, 44
Veal Cutlet, Sauce Robert, . 53

REMARKS ON

BREAKFAST COOKERY.

"*Dinner may be pleasant,*
So may social tea;
But yet methinks the breakfast
Is best of all the three."

The importance of preparing a variety of dainty dishes for the breakfast-table is but lightly considered by many who can afford luxuries, quite as much as by those who little dream of the delightful, palate-pleasing compounds made from "unconsidered trifles."

The desire of the average man is to remain in bed until the very last moment. A hurried breakfast of food long cooked awaits the late riser, who will not masticate it properly when he finally arrives at the breakfast-table, and the best of housekeepers is discouraged and prevented from ever attempting culinary surprises, when they are not to be appreciated. In this way she is innocently driven into a rut from which it is

difficult to escape when occasions present themselves for offering novelties.

The following recipes and remarks will be found valuable assistants to those so situated, and will offer many practical suggestions intended to develop ingenuity and skilfulness in this much-neglected branch of cookery. Avoid asking that innocent but often annoying question, "What shall we have for breakfast?" Rely upon your own resources and inventiveness, and you will soon master the situation. The average business man generally knows but little of what is or is not in market, and he dislikes to have his gastronomic knowledge constantly analyzed.

Should your domestic duties prevent you from occasionally visiting the public markets, it will be found expedient to subscribe for a reliable newspaper that makes a specialty of reporting the latest gastronomic news. This cannot be accomplished by cook-books, owing to the fluctuations in prices and the constant arrival of "good cheer" at seasons when least expected.

Steaks and chops are looked upon as the substantials of the breakfast-table, but when served continually they do not give satisfaction, be they ever so good, and are not duly appreciated unless interspersed occasionally with lighter dishes.

FRUITS.

Apples, Baked.—Peel and core six large sour apples ; mix together a cup of sugar, half a teaspoonful of mixed ground spice, a saltspoonful of salt, two tablespoonfuls of grated cracker crumbs, and two tablespoonfuls of milk or water. Fill the core with the mixture ; put the apples in a pan, and bake ; serve them hot or cold with sweetened cream. A border of whipped cream around the apples may be substituted for the plain cream.

Apples may be served sliced, covered with sugar and a mild liquor poured over them, and topped off with whipped cream.

Bananas.—Select short, thick, red or yellow bananas ; peel and cut them in quarters lengthwise ; serve on a napkin.

Blackberries, Raspberries, Whortleberries, etc., are too well known to require instructions as to how they should be served ; but a word of caution is necessary. They should be very thoroughly examined before they are served ; all stems, bruised berries, and unripe fruit should be removed, and a thorough search made for minute particles of grit and for insects.

Cantaloupes, or small melons, should be

placed on ice the night preceding their use. Cut or slice off the top of each melon ; remove the seeds, and replace them with fine ice ; replace the covers, and send to table looking as though uncut.

Should they taste insipid, trim off the rind, cut the remainder into neat pieces, pour over them a plain salad-dressing, and they will be found quite palatable.

Cherries.—If large, fine-looking fruit, serve them plain ; but they must be cold to be palatable. Keep them on ice over night, or serve glasses of fine ice to each guest, with the fruit arranged on top of it.

Currants.—Large, fine clusters should be served on the stem, arranged on a fruit-stand alone, or in layers alternated with mulberries, raspberries, or other seasonable fruits. Serve with powdered sugar.

Figs and Dates may be served at breakfast.

Grapes.—Malaga, Tokay, Hamburg, and similar varieties of grapes should be well rinsed in ice-water, and cut into small bunches with fruit scissors. Place on a glass dish, or dishes surrounded by fine ice, and, if plentiful, do not divide the clusters, but drain them out of ice-water. Serve on a neatly-folded napkin, a bunch for each guest.

Melons.—The best way to eat melons is unquestionably with a little salt ; they should be kept over night in an ice-box and served at the following breakfast ; but melons are very deceptive ; they may look delicious, but, from growing in or near the same garden where squashes and pumpkins are raised, they often taste as insipid as these vegetables would if eaten raw. In this case they are made very palatable by cutting the edible part into slices, and serving them with plain dressing of oil, vinegar, pepper, and salt.

Oranges.—Of the many ways of serving oranges, I prefer them sliced. If in summer, keep them cold until wanted. Remove all seeds, and cut large slices in two. Mandarins are served whole, with the peel scored but not removed.

Peaches.—If the peaches are large and perfect do not slice them, but serve them whole ; wipe or brush off the feathery coating, arrange them neatly on the fruit-dish, and decorate them with fresh green leaves and flowers.

Sliced peaches turn a rusty brown color if allowed to stand after cutting them. Should this occur, cover them with whipped cream properly sweetened.

Pears.—Fine-flavored pears should be served

whole ; inferior pears, sliced and dredged with sugar ; they are acceptable when mixed with other fruits.

Pineapples are best served as a salad. Pare and dig out the eyes ; take hold of the crown of the pine with the left hand ; take a fork in the right hand, and with it tear the pine into shreds, until the core is reached, which throw away. Arrange the shredded fruit lightly in a compote, add a liberal quantity of powdered sugar, a wine-glassful of Curaçoa, and half a wine-glassful of brandy.

Alternate layers of shredded pineapple and fresh cocoanut served with a sauce of orange juice, seasoned with sugar and liquors, is excellent.

Plums are too often picked before they are quite ripe, which prevents them from becoming popular as a breakfast fruit ; this is true of Apricots also.

Strawberries are often objectionable, owing to grit ; wash, or rather rinse them in water, drain on a napkin, and serve with vanilla-flavored whipped cream for a change.

Nearly all tropical fruits that are imported are excellent breakfast fruits, such as the alligator pear, Lechosa prickly pear, pomegranate, tropical mango, and many others.

BEVERAGES.

Coffee.—The coffee-tree is a much-branched tree of the cinchona family, not exceeding twenty feet in height, and much resembling a cherry-tree. Its pale green leaves are about six inches in length. The flowers are in clusters in the axils of the leaves, are white in color, resembling orange-tree flowers, and perfume the air. The fruit on ripening turns from green to red, and is about the size of a cherry or cranberry, each containing two seeds closely united by their flat sides. These being removed and separated, become the coffee of commerce.

"How to make good coffee" is the great problem of domestic life. Tastes naturally differ, and some prefer a quantity of chicory, while to others the very name of this most wholesome plant (but keep it out of coffee) will produce nausea.

Purchase coffee from large dealers who roast it daily. Have it ground moderately fine, and do not purchase large quantities at a time. At home keep the coffee in air-tight jars or cans when not in use.

The old-fashioned coffee-pot has much to recommend it, and the only possible objection

to it is that it makes a cloudy beverage. Those who find this objectionable should use one of the many patented modern filters. When the coffee is finely ground these filter-pots are the best to use. Put three ounces of finely-ground coffee in the top compartment of the coffee-pot; pour a quart of boiling water over it; let it filter through; add half a pint more of boiling water; let it filter through, and pour it out into a hot measure, and pour it through the filter again. Let it stand a moment on the range, and you have coffee as clear as wine; but unless your pot, measure, and the water are very hot, the coffee will taste as though it had become cold and then "warmed over." No eggs or other foreign substances are used to clear or settle the coffee.

As I do not object to a sediment in my cup, I use the old-fashioned coffee-pot. I first heat the pot, and put the coffee into a loose muslin bag, and pour a quart of boiling water over every three ounces of coffee. I let it boil, or rather come to a boiling point a moment; then let it stand to settle. Should it not do so rapidly enough, I pour a few tablespoonfuls of cold water round the inside edge of the coffee-pot. It is advisable to tie a thread to the bag, with

which it may be drawn out of the coffee, if desired.

Now, heat the coffee cup ; fill it one third full of hot, but not boiled, cream ; then add the coffee, and serve.

One word as to eggs used in making coffee. I admit that a different flavor is produced when they are used ; but the albumen of the eggs covers the coffee grains, and coagulates, preventing the escape of the properties of the coffee, and compelling one to use nearly double the quantity of coffee to produce the same result as when eggs are not used.

Pure Java, if of a high order, does not need other brands of coffee to make it palatable ; but, as a rule, most of the coffees sold at the grocers' are improved by blending or mixing one third each of pure Mocha, Java, and Maracaibo to make a rich cup of coffee, while a mixture of two thirds Mandehling Java and one third "male berry" (so called) Java produces excellent results. Mexico coffee is quite acceptable, but the producers *must* clean it properly if they expect to receive patronage.

"After-dinner Coffee."—Use three ounces of finely-ground coffee to a pint of boiling water. Old Government Java does make a very satisfactory cup of after-dinner coffee. The after-dinner

coffee found at most of the first-class restaurants in New York, such as the Brunswick, etc., contains chicory.

Boiling Water is a very important desideratum in the making of good coffee. The water should be fresh from the main pipe, boiled two or three minutes, and then added to the coffee. Servants frequently use water drawn from the range boiler, or water that has stood long in the tea-kettle ; in either case the coffee will be insipid.

Tea.—The constituents of tea are very much the same as those of coffee—theine (an aromatic oil), sugar and gum, and a form of tannic acid. Green tea is more astringent than the other varieties, partly because it contains more tannin, and partly because it is sophisticated to adapt it to a peculiar taste.

Whatever variety of tea used, do not allow the beverage to boil ; put the tea in a black earthen tea-pot previously heated ; pour boiling water over it ; let it draw for two minutes, and the process is at an end. Charitable institutions would find it advantageous to grind tea to powder ; in this way one half the quantity of tea ordinarily used is saved.

Cocoa and Chocolate are obtained from the seeds of *Theobroma cacao.* The active prin-

ciple is theobromine, a substance which resembles the alkaloids of coffee and tea, except that it contains more nitrogen than theine and caffeine. Another important difference between cacao (not cocoa) and coffee or tea is the large amount of fat or cacao-butter contained in the bean.

The seed receptacle resembles a large black cucumber, containing from ten to thirty leaves, which are roasted like coffee. The husks are then taken off, and are called cacao shells. The best cacao is made from the bean after the husks are removed.

Chocolate is the finely-ground powder from the kernels mixed to a paste, with or without sugar. The product of this seed, being rich in fatty matters, is more difficult to digest, and many dyspeptics cannot use it unless the fats have been removed, which is now done by manufacturers. Nearly all brands of cacao and chocolate are recommended to be prepared at table ; but it is much better to prepare them before the meal, and allow it to boil at least once before serving.

BREAD, ROLLS, ETC.

Bread.—The word is derived from the Anglo-Saxon *bracan*, to bruise, to pound, which is expressive of the ancient mode of preparing the grain. Bread was not introduced into Rome until five hundred and fifty years after its foundation. Pliny informs us that the Romans learned this, with many other improvements, during the war with Perseus, King of Macedon. The armies, on their return, brought Grecian bakers with them into Italy, who were called *pistores*, from their ancient practice of bruising the grain in mortars.

The Greeks ascribed the invention of bread-making to Pan ; but the Chaldeans and Egyptians were acquainted with it at a still more remote period. In the paintings discovered in the tombs of Egypt the various processes used by them in bread-making are distinctly represented.

Bread from wheat was first made in China, 2000 B. C.

An extensive variety of substances is used in making bread ; the roots, shoots, bark, flowers, fruits, and seeds of trees and plants have been, and are still, made into bread by semi-civilized

races. In Iceland codfish is dried and beaten to a powder, and made into bread.

Bread is universally admitted to be a matter deserving the serious consideration of all good housewives. It is no longer a luxury, as in olden times, but a positive necessity ; upon it depends the health of all mankind. It is, therefore, highly important that its ingredients should be of the very best quality. At no time is this question more seriously to be considered than when changing the food of infants from liquids to solid food.

Bakers' bread cannot always be relied upon. One never knows to what extent the flour has been mixed with brands of flour made from musty or sprouted wheat, as the baker can make what appears to be good bread from these by mixing them with what is known as garlic flour, which is a grade of flour ground with garlic, the effect being to conceal other unpleasant odors.

Their flour is often stored in damp cellars, where, under the influence of heat that is not strong enough to expel moisture, fermentation takes place in it, exactly as it does in bread-making, except on a smaller scale.

Any flour containing too much moisture is likely to " heat," or sour, and flour of the best quality, when placed in damp, stuffy cellars,

where it will absorb moisture, is likely to do the same thing. The yeast used by many bakers is deserving the attention of the Health Department. Damaged hops are often used, which, when boiled too long, impart their obnoxious flavor to the yeast, and to the bread made from it.

If what is known as "head yeast" be allowed to ferment too far—as is often the case—it will sour the stock yeast; or if the fermentation be too feeble, the result in either case will be unhealthy bread.

Potatoes used in making "potato ferment" are often of a very inferior quality, and impart their rankness to the bread. When bread is sold by weight an excess of water is introduced to brands of dry flour, which absorb more than others, and the result is heavy, dark, pasty bread, which is often sour.

By the producer of inferior bread these little items are not taken into consideration. The bread has been made, and it *must* be sold; and the unsuspecting housewife who buys bread from certain bakers because they sell it a few cents less per loaf than the price asked by firms who will *not* jeopardize their reputations, is endangering the health of her family.

I particularly warn my readers against bakers seeking customers by cutting rates; they cannot

supply good bread at low rates without using inferior flour.

Home-made Bread.—To make good bread or rolls, take five potatoes ; peel and cut them up, and boil in water enough to cover them ; when done, mash them smooth in the water in which they were boiled ; when *cool*, not *cold*, add a gill of liquid yeast, a dessert-spoonful of sugar, a salt-tablespoonful of lard, and a pint of flour. Mix together lightly until it is of a pasty, sticky consistency ; cover and set it in a warm place to rise ; it will rise in two or three hours, and should look almost like yeast. Stir into this three pints of flour and, if necessary, a little cold water ; the dough should be rather soft, and need not be kneaded more than half an hour. Set in a moderately warm place for four hours ; it is now ready to be shaped into loaves and baked ; but it is better to push it down from the sides of the bread-pan, and let it rise again and again, until the third time, which is ample. Knead until smooth, and if too soft, add a little more flour. For rolls, roll out and cut into rounds. Use the rolling-pin slightly, batter, and fold. Baking-pans should be well greased.

Salt is always used in bread-making, not only on account of its flavor, which destroys the

insipid, raw taste of the flour, but because it makes the dough rise better. It is therefore highly important that it should be of the best quality, as it has an affinity for the kidneys and other organs, and acts upon them powerfully.

As it is the smallest item in the expense of a family, no pains should be spared in procuring the best in market.

American manufacturers have not as yet made a salt free from foreign flavors and suitable to delicate cookery ; its peculiar fishy flavor is objectionable, and gives to bread a taste that leads the eater thereof to imagine it had been sliced with a fish-knife.

Most of the leading grocers sell an English salt that is a very valuable assistant in bread-making.

Maize or Indian Corn is the noblest of the cereal grasses, and deserves our liberal patronage and constant praise. From it can be produced an infinite variety of nutritious food, from Tennyson's "dusky loaf that smelt of home" to the simple "hoe cake" of "Old Black Joe."

To enumerate all of the good things produced from corn would make a volume five times the size of this little book. Enough has been said to practically demonstrate the necessity of our

being at all times aware of its excellent qualities, if we value health and subsequent happiness.

In America no national question is of more importance than the success or failure of the corn crop. Upon it depends the success not only of large business enterprises, but of business centres. Nearly all of the important domestic animals that are used as food are fed upon it exclusively, and a large percentage of the population depends upon it—directly or indirectly—for very existence, which is conclusive evidence that a failure of this important cereal means starvation and bankruptcy to many, which the failure of the wheat crop would not effect.

Corn Bread.—Sift half a pound each of corn meal and flour, add a scant teaspoonful of salt and a tablespoonful of wheat baking powder. Beat together one ounce of powdered sugar, two eggs, and one ounce of butter ; add these to the flour ; then gradually add nearly a pint of milk, to make a thin batter, and bake in a hot oven.

Corn-meal Custard.—Beat up three eggs ; add to them a quart of milk and an ounce each of butter and sugar. Mix and add gradually a quarter of a pound of very fine corn meal ; flavor with nutmeg. Pour into custard cups, and boil

or steam for ten minutes ; then put them in the oven a moment to brown on top.

Boston Brown Bread.—Sift together half a pound each of rye and wheat flour, one pound of corn meal, one heaping teaspoonful of salt, a heaping tablespoonful of brown sugar, and one of wheat baking powder. Wash, peel, and boil two medium-sized potatoes ; rub them through a sieve ; thin out the potato with nearly a pint of water, and use this to make the batter. Pour it into well-greased moulds having covers ; set them into hot water to within two inches of the top of the moulds, and boil for two hours ; then take them out of the water, remove the cover, and place them in the oven for twenty minutes.

A Boston brown bread preparation put up by the Boston Cereal Manufacturing Company is an article of food quite recently introduced, which saves much of the difficult details necessary to make this excellent New England loaf.

Maize Muffins.—This very latest preparation deserves special mention, as being the highest and most scientific product of corn that has been introduced for public consideration. It is known as shredded maize, and from it a most excellent porridge can be made in ten minutes. Griddle cakes, sweet puddings, and especially

breakfast rolls made of it are delightful. Most excellent muffins are prepared as follows : Mix together one pound of shredded maize, one pint of hot milk, a teaspoonful of salt, and one ounce of butter ; let it cool, and whisk into it three beaten eggs, one ounce of sugar, and two teaspoonfuls of wheat baking powder ; mix thoroughly ; half fill the muffin-rings, and bake in a hot oven.

Graham Muffins.—Sift one quart of graham flour, half a teaspoonful of salt, and a heaping tablespoonful of wheat baking powder ; add two ounces of butter and two beaten eggs, with milk enough to make a thin batter. Mix. Half fill the greased muffin-rings, and bake in a quick oven.

Breakfast Biscuits.—Sift one quart of flour, half a teaspoonful of salt, and a scant tablespoonful of wheat baking powder ; add half an ounce of butter ; mix together, and add milk enough to make a batter ; roll out the dough on a floured board ; dredge it with flour ; cut out the biscuits ; place them on a buttered tin, and bake in a quick oven.

Milk Bread.—Sift one and a half pounds of flour, a teaspoonful of salt, half an ounce of powdered sugar, same of melted butter, and two tablespoonfuls of wheat baking powder. Sim-

mer a pint of milk ; let it cool ; add it to the flour ; beat it with a plated knife ; shape it into loaves. Let stand for half an hour in well-greased pans, covered, then bake in a quick oven.

Rolled-wheat Biscuit.—Half a pint each of rolled wheat and flour, one coffeespoonful of salt, two teaspoonfuls of wheat baking powder, one tablespoonful of powdered sugar, and one teaspoonful of lard or melted butter. Add milk enough to make a batter, and bake in small tins in a quick oven.

To Test the Oven.—Throw on the floor of the oven a tablespoonful of new flour ; if it takes fire or assumes a dark brown color, the temperature is too high, and the oven must be allowed to cool. If the flour remains white after the lapse of a few seconds, the temperature is too low. When the oven is of the proper temperature the flour will turn a brownish yellow and look slightly scorched.

TOAST.

Toast is very palatable and digestible when properly prepared. Many seem to think that they have made toast when they brown the outside of a slice of bread. Have they?

The object in making toast is to evaporate all moisture from the bread, and holding a slice over the fire to singe does not accomplish this; it only warms the moisture, making the inside of the bread doughy and decidedly indigestible. The true way of preparing it is to cut the bread into slices a quarter of an inch thick, trim off all crust, put the slices in a pan or plate, place them in the oven—which must not be too hot—take them out when a delicate brown, and butter at once.

For my own use I dry all home-made bread in this manner.

Dry Toast should be served within the folds of a napkin if you wish to keep it hot; toast-racks allow the heat to escape, and they are not recommended.

Dip Toast.—Prepare the toast as above directed; dip the edges into hot water quickly, and butter at once. This is also called water toast.

Milk Toast.—Wet the pan to be used with cold water, which prevents burning. Melt an ounce of floured butter ; whisk into it a pint of hot milk ; add a little salt ; simmer. Prepare four slices of toast ; put them in a deep dish one at a time ; pour a little of the milk over each, and over the last one pour the remainder of the milk.

Anchovy Toast.—The best way to prepare this appetizing dish is as follows : Toast the bread and trim it neatly, and place it near the range to keep warm ; next prepare a " dip," as for ordinary cream toast ; spread a thin layer of anchovy paste on each slice of bread ; place in a hot, deep dish ; pour the prepared cream over them, and serve.

Clam Toast.—Chop up two dozen small clams into fine pieces ; simmer for thirty minutes in hot water enough to cover them. Beat up the yolks of two eggs ; add a little cayenne and a gill of warmed milk ; dissolve half a teaspoonful of flour in a little cold milk ; simmer all together ; pour over buttered toast, and serve.

Marrow-bone Toast.—Procure two beef shin-bones about six to eight inches long ; cover them with dough, and wrap them in muslin ; pour hot water enough to cover them, and boil

for an hour and a half. Remove cloth and dough ; shake or draw out the marrow with a long-handled fork upon slices of hot toast. Add salt, cayenne, and, if convenient, a little chopped celery, and serve.

Oyster Toast.—Select fifteen plump oysters ; chop them fine, and add salt, pepper, and a suspicion of nutmeg. Beat up the yolks of two eggs with a gill of cream ; whisk this into the simmering oysters. When set, pour the whole over slices of buttered toast.

Salmon Toast.—It very often occurs that a can of salmon is not all used at a meal, and yet there is not quite enough for another meal without other dishes or ingredients added to it. Should this occur, mince the salmon, heat, and season it and serve it on toast. A poached egg added to it is quite acceptable.

Tongue Toast.—A very nice dish is prepared from cold boiled or potted tongue. Slice the tongue, and cut each slice into small, fine pieces ; heat it in a pan with a little butter. To prevent burning, moisten with warm water or clear soup ; add salt and pepper ; stir into it two beaten eggs. When set, arrange neatly on toast.

Dainty bits of roast game, fowl, etc., minced, warmed over, and served on toast are excellent,

and show a way of using good material that would otherwise be wasted.

EGGS AND OMELETS.

To Test Eggs.—Dissolve an ounce of salt in ten ounces of water ; add the eggs. Good ones will sink, indifferent eggs will swim, and bad eggs will float, even in pure water.

Fresh eggs are more transparent in the centre.

Old eggs are transparent at the top.

Eggs may be kept a long time by covering them with beeswax dissolved in warm olive or cotton-seed oil. Use one third wax to two thirds oil.

Baked Eggs.—Mince half a pound of lean boiled ham, add an equal quantity of cracker crumbs. Moisten and spread the mixture over a platter ; scoop out four round holes as large as an egg, and drop an egg from the shell into each hole ; season with salt, cayenne, and butter ; put the dish in the oven, and serve when the eggs are cooked.

The crumbs should be moist enough to take almost a crust when baked.

Omelets.—As a rule, an omelet is a whole-

some and inexpensive dish, yet one in the preparation of which cooks frequently fail, owing to carelessness of detail. With a little attention the housewife can easily become the perfect cook in this branch, as well as others.

The flavoring and the ingredients used may be varied indefinitely; but the principle is always the same. In making an omelet care should be taken that the omelet pan is hot and dry. To insure this, put a small quantity of lard into the pan; let it simmer a few minutes, and remove it; wipe the pan dry with a towel, and put in a little fresh lard, in which the omelet may be fried. Care should be taken that the lard does not burn, as it would spoil the color of the omelet.

It is better to make two or three small omelets than one very large one, as the latter cannot be well handled by a novice.

The omelet made of three eggs is the one recommended for beginners. Break the eggs separately; put them into a bowl, and whisk them thoroughly with a fork. (The longer they are beaten, the lighter will be the omelet.) Add a teaspoonful of milk, and beat up with the eggs; beat until the last moment before pouring into the pan, which should be over a hot fire. As soon as the omelet sets, remove the

pan from the hottest part of the fire, slip a knife under it to prevent sticking to the pan ; when the centre is almost firm, slant the pan ; work the omelet in shape to fold easily and neatly ; and, when slightly browned, hold a platter against the edge of the pan, and deftly turn it out upon the hot dish.

Salt *mixed* with the eggs prevents them from rising, and when used the omelet will look flabby ; yet without salt it will taste insipid. Add a little salt to it just before folding it and turning out on the dish.

Cheese Omelet.—Beat up the eggs and add to them a tablespoonful of grated Parmesan cheese ; add a little more cheese before folding, and turn out on a hot dish. Grate a little cheese over it before serving.

Omelet with Herbs.—Beat up three eggs and add to them a teaspoonful of chopped parsley, mixed with a few chives. Pour into the pan, and before folding season with salt and pepper ; fold, and turn out on a hot dish.

Onion Omelet.—Cut up a small Spanish onion ; fry it a light brown ; before folding the omelet add the onion, and turn out on a hot dish.

Oyster Omelet.—Stew six oysters in their own liquor for five minutes ; remove the oysters,

and thicken the liquid with a walnut of butter rolled in flour ; season with salt and cayenne ; whisk this to a cream. Chop the oysters, and add them to the sauce ; simmer until the sauce thickens. Beat up four eggs lightly, and add a tablespoonful of cream ; turn out into a hot pan, and fry a light gold color. Before folding the omelet entirely, place the oysters with part of the sauce within, and turn it over on a hot dish. The remainder of the sauce should be poured round it.

Omelet au Rhum.—Prepare an omelet as has been directed, fold it, and turn out on a hot dish ; dust a liberal quantity of powdered sugar over it, and singe the sugar into neat stripes with a hot iron rod, heated on the coals. Pour a wine-glassful of warmed Jamaica rum around it, and when on the table set fire to it. With a tablespoon dash the burning rum over the omelet, blow out the fire, and serve.

Spanish Omelet.—Chop up half of a sweet Spanish pepper ; peel and cut up a large tomato ; cut two ounces of ham into dice ; mince three button mushrooms and half an onion with a clove of garlic ; season with salt, cayenne, and capers. Put the onion and ham in a pan, and fry ; add the other ingredients, and simmer until a thick pulp ; add this to an omelet just

before folding it and turning out on a dish. Pour a well-made tomato sauce round it, and serve.

The ingredients may be varied to suite the taste.

Sweet Omelet.—Beat up the eggs as usual, and, just before it is folded in the pan, add a heaping tablespoonful of jelly, preserves, or other ingredients that fancy may suggest.

POTATOES.

Potatoes.—Take a sound-looking potato of any variety ; pay but little attention to its outward appearance ; cut or break it in two, crosswise, and examine the cut surface. If it appears watery to such a degree that a slight pressure would cause water to fall off in drops, reject it, as it would be of little use for the table. A good potato should be of a light cream-color, and when rubbed together a white froth should appear round the edges and surface of the cut, which indicates the presence of starch. The more starch in the potato, the more it will froth ; consequently the more froth on the potato the better it will be when cooked. The strength of

its starchy properties may be tested by releasing the hold of one end, and if it clings to the other, the potato is a good one. These are the general principles followed by potato-buyers, and they are usually to be fully relied upon. About one seventh part of the potato is nutritious, and this is chiefly farinaceous, and is accompanied by no inconsiderable portion of saline matter, more especially of potassa, which renders it highly antiscorbutic, and a powerful corrective of the grossness of animal food. When forming part of a mixed diet, no substance is more wholesome than the potato. Even the wild potato found in the Yellowstone Country is thought one of the best of edible wild roots.

Boiled Potatoes.—To retain the highest amount of nourishment, potatoes should be boiled with their skins on. When so treated, they are twice as rich in potassa salts as those which have first been peeled. It is a good plan to place them in the oven or on top of the range after boiling them, thereby allowing all surplus moisture to escape. Before sending to table they should be peeled, and, if convenient, thoroughly mashed, as they are more easily digested, and when they are lumpy or watery they escape proper mastication, and in this way cause serious derangement of the system. Un-

der no circumstances allow the aged, dyspeptic, or those in delicate health to eat them except when mashed. The so-called potato "with a bone in it," a favorite dish of the Irish peasant, is a potato only half cooked, being raw in the centre; and a more indigestible thing cannot well be imagined.

Lyonnaise Potatoes.—The same as sautéed, except that a little onion is fried brown and the potato then added.

Potatoes au Cochon.—Slice two hot, mealy potatoes; cut the slices into squares; put them in a saucepan, and add scalded cream enough to cover them, salt, and white pepper. Cut into very small pieces half an ounce of fat, boiled, salt pork; add a tablespoonful to the potato; simmer until thoroughly blended together; pour the contents of the dish into a small *au gratin* dish (or vegetable baker); grate a little Parmesan cheese over it; add a small bit of butter; place in the oven a moment to brown, and serve in the same dish.

Potatoes au Gratin.—Nearly fill the *gratin* pan with hot boiled potatoes, cut into small pieces; cover with milk; strew over them grated cheese or part cheese and grated crumbs; add a little butter, and bake brown in a quick oven.

Potatoes Sautéed are cold boiled potatoes

cut into small slices and slightly browned in a frying-pan, shaped, and turned out on a hot dish (as you would an omelet), and seasoned with parsley, salt, and pepper.

DAINTY DISHES.

Artichokes (French).—Trim the ends ; remove the choke, and quarter each artichoke ; pour boiling water over them, and drain. Put them in a stewpan, and to each artichoke add a gill of white wine and one of clear soup ; season with salt, pepper, and a little lemon-peel ; when done, remove the artichoke, and boil the sauce down. Cream an ounce of butter ; add half a teaspoonful of flour, and by degrees add the sauce ; simmer until thick, and send to table with the artichokes.

Artichokes (French), Fried.—Wash and cut away the leaves of two artichokes ; remove the inside choke ; cut the bottoms into neat pieces, and cover them with water containing one third vinegar. Drain ; season with salt and pepper ; dip them in beaten egg ; roll them in fine cracker dust, and fry in plenty of hot fat.

Chicken Croquettes.—Cut up the white meat of one cold boiled chicken, and pound it to a paste with a large boiled sweetbread, freed from sinews ; add salt and pepper. Beat up one egg with a teaspoonful of flour and a wine-glassful of rich cream. Mix all together ; put it in a pan, and simmer just enough to absorb part of the moisture, *stirring all the time ;* turn it out on a flat dish, and place in ice-box to become cold and firm ; then roll it into small neat cones ; dip them in beaten eggs ; roll in finely powdered bread crumbs ; drop them in boiling fat, and fry a delicate brown. Handle them carefully.

Some add a little nutmeg, but I have found the above recipe more satisfactory without it, especially among my Philadelphia patrons.

Chicken, Devilled.—Prepare a mixture of mustard, pepper, and salt, moistened with a little oil. Put a small quantity of oil in a frying-pan ; add just onion enough to give it flavor, and toss the chicken about in this a moment. Remove ; rub or brush the moisture over the chicken, and broil. Serve with a sharp, pungent sauce, made of drawn butter, lemon juice, mustard, and chopped capers.

Chicken, Fried.—Cut up half an onion, and fry it brown in a little butter. Divide two

ounces of butter into little balls ; roll them in flour ; add to the onion, and fry the breast of the chicken in this, as well as the legs and side-bones, to a delicate brown. Take them out, and add to the sauce a few cut-up mushrooms, a gill of claret, salt, pepper, and a piece of cut sugar ; simmer slowly ; pour over the chicken and serve.

The Southern way of frying chicken is as follows : Slice and cut into small dice half a pound of salt pork ; flour the chicken, and fry in the pork fat ; dissolve a heaping tablespoonful of flour with a little cold milk ; add to it gradually half a pint of boiled milk that has been seasoned with butter, pepper, and salt ; simmer until thick ; arrange the chicken on a hot dish, and pour the sauce round it. Toast may be placed under the chicken, if desired.

Crabs, Soft-shell.—These should be cooked as soon as possible after being caught, as their flavor rapidly deteriorates after being exposed to the air. Select crabs as lively as possible ; remove the feathery substance under the pointed sides of the shells ; rinse them in cold water ; drain ; season with salt and pepper ; dredge them in flour, and fry in hot fat.

Many serve them rolled in eggs and cracker dust ; but thus they are not as good.

Filet of Sole, Sauce Tartare.—Remove the head, fins, tail, and skin from a medium-sized flounder; lay the fish flat on the table, and with a sharp knife make a deep cut through to the back-bone the whole length of the fish. Cut the upper side lengthwise from the bone; now remove the bone from the lower part, and cut the fish into pieces crosswise, each piece to be about two inches in width. Season each piece; roll it up and tie it with strong thread; dredge them in flour, and fry in plenty of hot fat (they may be dipped in egg batter and rolled in bread crumb if liked); remove the thread; arrange them neatly on a hot dish; garnish with parsley, and send to table with *sauce tartare* (which see).

Hamburg Steak, Sauce Piquante.—Select a thick rump steak, and with a stiff-backed kitchen knife scrape away the lean meat from the sinews. Season the meat with salt and cayenne, and shape it into a round form slightly flattened on top. Fry a minced onion brown in butter; cook the steak in this, on both sides, and serve with the following sauce: put into the same saucepan half a pint of strong soup stock, half a teaspoonful of browned flour, three tablespoonfuls of vinegar, a tablespoonful of chopped eschalot, a teaspoonful of chopped parsley, half

a saltspoonful of black pepper, and a little salt. Simmer, strain, and serve.

Many like a Hamburg steak rare, while others prefer it well done ; others there are who think they like it rare, highly seasoned with onion and other pungent seasoning.

Hominy Fritters.—Take one pint of boiled hominy, one gill of cream, two tablespoonfuls of corn-starch, two eggs, half a teaspoonful of baking powder, a saltspoonful of salt ; mix to a batter. If too stiff, add a little more cream. Drop the batter in large spoonfuls into hot fat, and fry brown.

Kidney, Sautéed.—Cut up half an onion ; brown it in a pan with an ounce of butter. Slice a calf's kidneys ; toss about over a slow fire in the pan ; add salt and pepper, a pint of red or white wine, and one piece of cut sugar. Simmer until tender ; dissolve a teaspoonful of flour in cold water ; add to the dish. Toast a few slices of bread ; trim them neatly ; place them on a dish ; pour the kidneys over them, and serve.

A few mushrooms cut up and strewn over the dish will be appreciated by many.

Lamb Chops with French Peas.—Dainty lamb chops require but a moment's cooking, and, unless care be taken, will dry

quickly over the fire ; they should be turned repeatedly, and, when done, seasoned with pepper, salt, and the sweetest of sweet butter.

Arrange a mound of peas in the centre of a dish ; place the chops around this, and serve. The peas should be cooked as follows : Open a small can of imported peas ; drain off the liquid ; melt an ounce of butter in a pan, and when it creams, add the peas : shake the pan to prevent burning ; add pepper and salt. When the peas are heated through they require no longer cooking, and should be served at once.

The great mistake made by many cooks in cooking canned peas is that they allow them to remain too long on the fire, which spoils them, as they are already cooked, and simply require heating.

Minced Turkey with Poached Eggs.— A very appetizing dish is made of cold boiled or roast turkey. Trim off all skin and most of the fat, especially on the back ; pick out the little tid-bits in the recesses ; cut off all that will not look neat when sliced cold. Season with salt and pepper, and a tablespoonful or two of minced celery ; chop up the meat ; put it in a pan with a little butter or turkey fat, to prevent burning, and just a suspicion of onion ; moisten with a little broth made from the turkey bones.

Poach one or two eggs for each person ; arrange the minced meat neatly on slices of buttered toast ; place the egg on top, and serve.

The above mode of preparing a breakfast dish is not only economical, but is one of the most delightful dishes that can be produced ; almost any kind of boiled or roast meat, poultry, or game can be utilized in this way.

Mushrooms on Toast.—Peel a quart of mushrooms ; cut off a little of the root end ; now take half a pound of round steak, and cut it up fine and fry it in a pan with a little butter, to extract the juice, which, being done, remove the pieces of steak. When the gravy is very hot add the mushrooms ; toss them about for a moment, and pour the contents of the pan on buttered toast ; season with salt and cayenne. Some add a little sherry to the dish before removing from the range.

Mutton Chops with Fried Tomatoes and Sauce.—Select four nice rib chops ; have them trimmed neatly by the dealer ; take hold of the end of the rib, and dip the chops a moment in hot fat, in which you are to fry them ; now roll them in fine cracker crumbs, and shake off the surplus ; dip them in egg, again in the crumbs, and drop them into boiling fat. Remove when brown.

Fried Tomatoes.—Select three smooth, medium-sized, well-filled tomatoes; cut into slices half an inch thick; dredge them with flour or roll in egg and crumbs, and fry (or, rather, *sautée*) in a small quantity of hot fat, turning and cooking both sides evenly. Have prepared the following sauce: Add to a pint of milk a tablespoonful of flour, one beaten egg, salt, pepper, and a very little mace. Cream an ounce of butter; whisk into it the milk, and let it simmer until it thickens; pour the sauce on a hot side dish; arrange the tomatoes in the centre, and add the chops opposite each other, and serve.

Plain broiled or papered chops may be served in this way.

Oysters, Broiled.—Rub the bars of a wire broiler with a little sweet butter; dry twelve large, plump oysters in a napkin, and place them on the broiler; brush a little butter over them, and broil over a fire free from flame and smoke. When done on both sides, arrange them neatly on toast; pour a little well-seasoned melted butter over them, and serve.

Do not bread-crumb oysters intended for broiling.

Pork and Beans.—To call this homely Yankee dish a "dainty" may surprise many;

but, when properly prepared, it may well be called so.

Wash a quart of small white beans in cold water ; pick them over while in the water ; reject all imperfect beans ; drain ; cover with fresh cold water, and let them soak over night. Next morning change the water twice ; then put them in a large iron pot ; add a liberal quantity of cold water, and simmer them slowly for four hours. Pour them into a colander carefully to drain. Heat an old-fashioned beanpot with hot water, and wipe it dry ; place a small piece of pork in the pot, and add the beans to within two inches of the top ; now place a small piece of pork (properly scored on its rind) on the beans. Dissolve a tablespoonful of black molasses in a pint of warm water ; add half a teaspoonful of salt and a few drops of Worcestershire sauce, and pour this over the beans ; place the pot in a moderate oven, and bake for three hours, at the end of which time take them out, and add a little more warm water, to prevent them from becoming too dry. Bake for three hours longer, and serve with hot Boston brown bread.

The old-fashioned manner of preparing this dish was to place all the pork on top, the result being that the first few spoonfuls of beans con-

tained all the pork fat, while the remainder had not been seasoned by it.

The above recipe distributes the pork fat evenly through the beans, as it is lighter than water, and naturally rises ; and for this reason only half the usual quantity of pork is required to produce the desired result.

Reed Birds.—The average French cook cannot understand why these "lumps of sweetness" do not require long cooking and elaborate sauces to make them palatable, and these cooks invariably spoil them. Pluck and draw the birds, leaving the heads on. Put into a frying-pan an ounce of sweet butter ; when hot, add six birds ; toss them about to cook evenly ; add a little salt and pepper ; let them remain over the fire for about three minutes, and serve on a hot dish.

To cook them in large quantities, as they are prepared by the gunners at their club-houses along the Delaware, proceed as follows : Clean them properly ; arrange them in a baking-tin ; add a liberal quantity of butter, salt, and pepper ; put the pan in the oven. At the end of five minutes turn them with a long-handled spoon, let them cook five minutes longer, and serve.

An excellent way to serve them at late break-

fast-parties is as follows : Pluck and draw the birds, and remove their heads. Take a few large long potatoes ; cut them in two crosswise ; scrape out part of the inside ; place a bird in each half of potato ; press the halves together, tie them with twine, and bake until the potatoes are done. Remove the common twine and tie them up again with narrow tape or ribbon. Send to table on a napkin.

Salt Codfish, Broiled.—Cut from a medium-sized salt codfish three pieces about two inches square ; split each piece in two, and soak in water over night ; change the water two or three times. Next morning rinse the pieces in fresh cold water, and drain and dry in a napkin ; brush a little butter over each, and broil. When done, pour over them melted butter seasoned with pepper and lemon juice.

Sardines, Broiled.—Open a can of sardines, and remove the fish without breaking them ; scrape off the skin and split them, if large ; put them between a double wire broiler, and broil both sides nicely. Squeeze a little lemon and orange juice over them before serving.

Sauce Tartare.—Chop together one small pickle, a dozen capers, and a few sprigs of parsley and a very small piece of onion ; to these

add half a pint of Mayonnaise and a teaspoonful of French mustard.

Sausages.—A disagreeable feature of sausages, when cooked in the ordinary manner, is that the spattering fat covers the range, and the ascending smoke pervades the whole house. This may be avoided by putting them in a baking-pan and cooking them in the oven. Ten minutes is sufficient to cook a pound of country sausages, provided the oven be quite hot. They are excellent when split in two and broiled; serve hot or cold apple sauce with them. Apple fritters also are acceptable with sausages.

Smelts, Broiled.—Clean thoroughly six medium-sized smelts; split them down the back; rub a little oil over them; place them on a double broiler, and broil. When done, serve with *sauce tartare* (which see).

Smelts, Fried.—Thoroughly clean the smelts, leaving the heads on; dip them in beaten egg; roll them in fine cracker dust, and fry in very hot fat; garnish with parsley and lemons, quartered, and send to table with *sauce tartare* (which see).

Squabs are very nice broiled, but are at their best served as follows;—Select a pair of plump birds; clean them, cut off the legs, and remove the heads without breaking or tearing

the neck skin ; insert the forefinger in it, and separate the skin over the breast from the flesh ; fill this with a nicely-seasoned bread stuffing, and fasten the loose end of the neck to the back. Place a thin wide slice of bacon over the breast, and fasten the ends with wooden toothpicks ; put them in a pan ; dredge with a little flour, and bake to a delicate brown ; serve with fresh green peas.

Spring chicken may be treated in the same way.

Steak, Tenderloin ; Sauce Bearnaise.— Cut a thick steak off the large end of a beef tenderloin ; flatten it out a little ; rub olive-oil or butter over it, and broil over a charcoal fire ; place it on a hot dish, add a little pepper and salt, and serve with sauce Bearnaise.

Sauce Bearnaise.— Reduce a gallon of strong, clear soup to a quart by constant boiling. Beat up the yolks of four eggs ; pour them into a buttered saucepan, and add gradually—whisking all the time—the reduced soup, a tablespoonful of strong garlic vinegar (or, if preferred, plain vinegar, and the expressed juice of garlic or shallots), pepper, salt, and a little lemon juice. Stir with a wooden spoon.

Care must be exercised not to add the soup while hot to the eggs, or it will curdle, and yet do not add it cold.

Steak, Sirloin; Sauce Bordelaise.—Select a steak cut from the best part of the sirloin ; trim it neatly ; rub a little oil over it, and broil over a charcoal fire ; serve with the following sauce :

Sauce Bordelaise is easiest made as follows : Chop up one medium onion, or, better still, two shallots ; fry them in butter until brown ; add a pint of strong clear soup or beef gravy, half a pint of claret or white wine, salt, pepper, and a teaspoonful of chopped parsley ; simmer, and if not quite thick enough add a little browned flour.

Tomato Sauce.—Open a can of Baldwin tomatoes, which contain but little liquid ; simmer them gently for three quarters of an hour ; season with salt, cayenne, a clove of garlic, bruised, and very little mace. Press them through a fine sieve ; put the pulp in a clean, hot stewpan, with a little butter ; stir to prevent burning, and, when quite thick, serve.

A most excellent tomato sauce is made of a brilliant red ketchup, known to dealers under the name of "Connoisseur Ketchup." Take half a pint of it ; heat it gently ; add a gill of rich soup-stock and a teaspoonful of flour dissolved in a little cold water ; simmer until it thickens, and serve.

Ordinary ketchups do not have the proper color, and are likely to sour when heated.

Tripe with Oysters.—Tripe, when properly prepared by a simple process, is very nutritious and easily digested.

Cut up half a pound of well-washed tripe ; simmer for three quarters of an hour in water slightly salted ; take out the tripe ; add to the broth a little butter rolled in flour, salt, and pepper ; add a little more flour if not thick enough. Return the tripe and a dozen oysters ; simmer for a few minutes longer, and serve.

Tripe Lyonnaise.—Cut up half a pound of cold boiled tripe into neat squares. Put two ounces of butter and a tablespoonful of chopped onion in a pan, and fry to a delicate brown ; add the tripe, a teaspoonful of chopped parsley, one of strong vinegar, salt, and cayenne ; stir the pan to prevent burning. When done, cover the bottom of a hot dish with tomato sauce, add the contents of the pan to it, and serve.

Veal Cutlet, Sauce Robert.—Select two medium-sized veal steaks, or cut one large one in two ; dip in beaten egg ; roll in bread crumbs, and fry very well done in the hottest of hot fat ; serve with *sauce Robert*, made as follows ;—Fry a small onion brown ; add to it a gill each of clear soup and white wine ; simmer until

brown ; strain ; return to the pan, and add a teaspoonful of tarragon vinegar, half a teaspoonful of browned flour, and a tablespoonful of French mustard.

Cutlets or veal chops, broiled, may also be served with this sauce.

PUDDINGS AND DAINTY DESSERTS

CONTENTS.

PAGE

INTRODUCTORY, . . 7

MISCELLANEOUS DAINTY DESSERTS, ...

After-Dinner Croûtons, . 9
Almond Cake, . . . 9
Angel Cake, . . . 10
Apricot Tarts, . . . 10
Biscuit Glacé, . . . 10
Blanc Mange, . . . 11
Brioche (French Paste) . 11
Cocoanut Cake, . . . 12
Deviled Almonds, . . 12
Deviled Chestnuts, . . . 13
Dominoes, ... 13
Éclairs, ... 13
Fresh Pear Tart, . . 14
Gateau St. Honoré, . . 15
Lemon Water Ice, . . 15
Macaroons, ... 16
Maids of Honor, . . . 16
Orange Water Ice, . . . 17
Rice Soufflé, . . . 17

PAGE

Rhubarb Tarts, . . . 17
Sponge Cake, ... 18
Sponge Drops, . . . 18
Velvet Cream, . . . 19
Vanilla Ice Cream, . . 19

VARIOUS FRUIT DESSERTS.

Apple Charlotte, . . . 19
Apricots with Rice, . . 20
Banana Charlotte, . . . 20
Banana Fritters, . . . 20
Blackberry Short-Cake, . . 21
Fresh Pineapples in Jelly, . 21
Frozen Bananas, . . . 21
Frozen Peaches, . . . 22
Orange-Cocoanut Salad, . . 22
Orange Salad, . . . 22
Orange Sponge, . . . 23
Peaches a la Conde, . . 23
Peaches a la Suédoise, . . 23
Peach Fritters, . . . 24
Peach Meringue, . . . 24
Peach Short-Cake, . . 25
Pineapple Fritters, . . . 25
Pineapple Salad, . . 25
Plum Salad, ... 26
Raspberry Short-cake, . . 26
Salad of Mixed Fruits, . . 27

PAGE

Sliced Pears, ... 27
Strawberry Charlotte, . . 27
Strawberry Short-Cake, . . 28
Velvet Cream, with Strawberries, 29

CUSTARDS AND OMELETS AS DESSERTS.

Cold Custard, . . . 29
Cold Rice Custard, . . . 29
Meringue Custard Tartlets, . 30
Omelet Soufflé, . . . 31
Omelet with Jelly, . . 31
Rum Omelet, ... 32
Tapioca Custard, . . 34

PUDDINGS.

Apple-Manioca Pudding, . . 34
Batter Pudding, . . . 35
Boiled Pudding, . . . 35
Boiled Rice Dumplings, Custard Sauce, ... 35
Bread-and-Butter Pudding, . 36
Bread-and-Fruit Pudding, . 37
Bread Pudding, . . . 37
Carrot Pudding, . . . 37
Chocolate Pudding, . . 38
Cold Apple Pudding, . 38
Cold Cabinet Pudding, . . 39
Cold Marquise Pudding, . 40

PAGE

Cold Plum Pudding, . . 40
Cold Rice Pudding, . . 41
Cold Scotch Pudding, . . 41
Green Apple Pudding, . . 42
Indian Pudding, . . . 42
Lemon Pudding, . . . 42
Manioca Pudding, . . . 43
Meringue Pudding, . . 43
Minute Pudding, . . . 44
Plum Pudding, . . . 44
Pineapple Cabinet Pudding, . 45
Rice a l'Imperatrice, . . 45
Rice Pudding, . . . 46
Spanish Apple Pudding, . . 46
Spanish Fruit Pudding, . . 47
Spanish Pineapple Pudding, . 47
Sponge Pudding, . . . 47
Steamed Peach Pudding, . 48
Tapioca Pudding, with Peaches, . 48
Vanilla Sauce, . . . 48

PIES.

Remarks on Pies, . . . 49
Pie Crust, ... 49
Puff Paste, ... 50
Home-Made Apple Pie, . . 51
Mince Pie, ... 52

INTRODUCTORY.

Quite a revolution has been created in the dessert of the American dinner-table. The time was when the array of sweets, creams, and ices would occupy half the *menu* of a private dinner party, and the sight of these to guests already satisfied with good things was anything but agreeable. Happily these displays are seen no more in good society, for none but Mrs. Moneybags from the backwoods would think of presenting more than one or two choice sweets to her guests.

For the daily dinner nothing can be more acceptable than sweets combined with fruits, small light puddings, and ethereal trifles, such as *soufflés*, whipped creams, etc. While many of these recipes are intended to supply this want, a few there are which will be found somewhat elaborate, and are intended for special occasions.

Certain recipes given here might appear with equal propriety under either of several of the various general divisions of this book, but as an alphabetical index of each division is given, no confusion should occur.

MISCELLANEOUS DAINTY DESSERTS.

After-dinner Croûtons.—The hard water crackers being expensive in comparison with other crackers, I have adopted the crispy *croûtons* as a substitute, and find them very acceptable. Cut sandwich-bread into slices one-quarter of an inch thick ; cut each slice into four small triangles ; dry them in the oven slowly until they assume a delicate brownish tint, then serve, either hot or cold. A nice way to serve them is to spread a paste of part butter and part rich, creamy cheese, to which may be added a very little minced parsley.

Almond Cake.—Blanch and pound in a mortar eight ounces of sweet and one ounce of bitter almonds ; add a few drops of rose-water, or white of egg every few minutes, to prevent oiling ; add six tablespoonfuls of sifted sugar and eight beaten eggs ; sift in six tablespoonfuls of flour, and work it thoroughly with the mixture. Gradually add a quarter of a pound of creamed butter ; beat the mixture constantly while preparing the cake, or it will be heavy. Put a

buttered paper inside of a buttered tin, pour in the mixture, and bake in a quick oven ; cover the cake with paper if the oven is too hot.

Angel Cake.—This popular cake was invented by a St. Louis baker, who kept the formula a secret a long time. A discharged employee finally made it known. To four ounces of sifted flour add one teaspoonful of cream of tartar ; rub these through the sieve four or five times. Beat the whites of a dozen eggs until very stiff ; add to them gradually three-quarters of a pound of granulated sugar, and beat thoroughly while so doing ; flavor with a teaspoonful of vanilla extract ; add the flour to the egg foam quickly and lightly. Line the funnel cake-pan with ungreased paper, pour in the mixture and bake fifty minutes. When done, loosen the edges and remove from the pan at once. Cut into slices and served with a custard sauce, it forms an agreeable pudding.

Apricot Tarts.—Prepare the tart shells as in recipe for Rhubarb Tarts (which see). Peel and remove the stones from a quart of ripe apricots, put them in the shells, dredge them with sugar, and serve. When the fruit is hard or unripe, boil it in a syrup made of one pint of water and one pound of sugar.

Biscuit Glacé.—Fancy paper cases, filled

with a variety of ice-creams, water-ices, velvet creams, etc., are so called. Small families are recommended to purchase them already prepared from dealers in sweets and ices, but they are easily prepared. Half fill the cases with ice-cream or water-ice, and add a layer of Charlotte russe or velvet cream ; then put them in a covered receptacle, surrounded with ice and salt, until wanted. A top layer of beaten white of egg is sometimes added just before serving, and a shovelful of hot coals held over them a moment will color the egg nicely.

Blanc Mange.—Blanch two bitter almonds with two ounces of sweet almonds, pound them to a paste, and by degrees add a pint of cold water. Let stand until settled. Strain off the almond milk. Put into a pint of milk five ounces of loaf sugar, three inches of vanilla bean, and boil in an enameled saucepan : stir until the sugar is dissolved ; then add an ounce of well-soaked isinglass ; strain into a basin, add the milk of almond and a gill of cream. Remove the vanilla. When cold pour the mixture into individual moulds, and place in the ice-box until wanted.

Brioche (French Paste). — Mix together eight ounces of sifted flour and half a pint of brewers' yeast, with lukewarm milk enough to

make a thick batter. Cover, set near the range and allow it to rise until twice its original size.

Sift together one ounce of salt and a pound and a half of flour ; add an ounce of powdered sugar ; cut up a pound of unsalted butter into pieces, and work it into the flour ; beat and add eight eggs ; whip three pints of cream to a light foam, and work it evenly into the mixture. Now add the first mixture (if risen) and knead them well together. Cut and knead again ; allow it to rise ; knead again ; put it into well greased molds and bake in a quick oven.

The French usually make it into balls hollowed at the top by pressing the thumb into them ; beaten egg is then brushed over them and much smaller dough-balls are placed in the hollow part of each. Egg is again brushed over them and the whole is then baked. A richer paste can be made by using more eggs and butter.

Cocoanut Cake.—Three-fourths of a pint of powdered sugar, one ounce of butter, half a pint of grated cocoanut, one pint of flour, one tablespoonful of baking powder, and milk enough to make a stiff batter. Mix, and bake in buttered pans ; sprinkle dry cocoanut on top.

Deviled Almonds.—Blanch two ounces of sweet almonds in hot water, to more easily re-

move their skins, and toss them about a few moments in hot butter ; sprinkle over them a pinch of cayenne and salt.

Deviled Chestnuts.—Peel the raw chestnuts and scald them to remove the inner skin ; put them in a frying-pan with a little butter and toss them about a few moments ; add a sprinkle of salt and a suspicion of cayenne. Serve them after the cheese.

Dominoes.—Bake two thin sheets of sponge cake ; cover one of them with chocolate paste, and the other with icing ; put little dots of chocolate over the latter to represent the dominoes ; place the cake on top of the chocolate and cut the cake through to pieces of the size of dominoes.

Éclairs.—Put in a saucepan half a pound of butter ; whisk into it a quart of boiled milk and add gradually one pound of sifted flour, and a saltspoonful of salt. Stir the milk briskly with a wooden spoon, while the flour is being added ; allow the paste to stand on the range a few minutes to evaporate some of its moisture, then add one egg at a time, beating thoroughly, until the paste shows signs of becoming sticky instead of being smooth.

No definite number of eggs can be prescribed to attain this result, as there is so much difference

in flour, but from five to seven will be sufficient to produce the desired consistency. Put the paste in a funnel-shaped bag, having a tin tube in the small end, and squeeze it out on a buttered pan, making the éclair three or four inches long. Then bake these forms of light paste for about twenty minutes.

Prepare a cream as follows : Put two quarts of milk on the range and add to it half a pound of powdered sugar. Put together a quarter of a pound of flour and four eggs and one vanilla bean ; beat thoroughly ; when the milk boils add it to the flour and eggs and whisk lively. Set the mixture on the range ; let it come to a boil, and pour it into a bowl to become cold. When cold, stir into this cream a pint of whipped cream.

Cut the éclairs on the side and fill them with the cream. They may be served plain or with a covering of chocolate, icing, or coffee fondant.

Fresh Pear Tart.—Prepare the tart shell as in recipe for Rhubarb Tarts (which see). Peel, quarter, and core six pears. Put a pint of boiling water in a double saucepan, stir into it gradually half a pound of crushed sugar ; let it boil up ; skim until clear ; add the pears, let them simmer half an hour. Pour into a crock or bowl. When wanted, add three pieces of fruit to each tart shell and use the remaining

syrup as a pudding sauce by adding a tablespoonful of brandy or other flavoring.

Gateau St. Honoré.—Prepare a pie crust as for custard pie, put it on a greased pie plate, and bake to a delicate brown. When done and cool, spread a layer of quince marmalade over it. Prepare a paste as for cream cakes, put it in a pastry bag and press part of it round the edge of a round cake tin, press out the remainder in balls the size of hickory nuts and bake. Lay the border on the edge of the pie crust and press it into the marmalade ; garnish the edge with the balls and sections of oranges, candied cherries, grapes, etc. ; fill the centre with Bavarian cream.

Lemon Water Ice.—To a heaping tablespoonful of gelatine dissolved in two gills of cold water, add a quart of boiling water, twelve ounces of sugar, a pint of boiling water, and the strained juice of eight lemons ; mix thoroughly, strain and freeze. Freezers are indispensable in well-regulated kitchens. They need not be expensive or elaborate, and will pay for themselves in a very short time, especially in hot weather, when frozen puddings, custards and ices are in constant demand. A good butter-tub will answer for ordinary use if one has good cans with tight covers. Pack the fine ice with alternate layers of rock salt around the can, pour in

the prepared liquid and work it well with a wooden spade or spoon while freezing, which will prevent it from granulating. Do not draw off the water from around the can, until the cream or ice is finished, then draw off the surplus water, repack with ice and salt, and the frozen delicacy will be ready to serve in two hours. The proportion of salt to ice is one to five. When rock salt is scarce the water in the freezer may be poured in shallow tins and placed in a moderate oven with the door open, where the water will evaporate, leaving the salt in the bottom of the tin.

Macaroons.—Blanch (a term used in cookery, meaning to scald, so as to more easily remove the husks or skins of fruits, etc.) and pound three ounces of sweet almonds with half a pound of fine powdered sugar ; beat up to a very light froth the whites of four eggs with an ounce of rice flour, a tablespoonful of dry sherry ; whisk it into the almond paste ; drop the mixture on paper in wafers about two inches apart, and bake in a moderate oven. Neatly arrayed round whipped cream they are used quite frequently.

Maids of Honor.—Half-pint each of sweet and sour milk, two ounces of powdered rock candy, one tablespoonful of melted butter, yolks of four eggs beaten up, and the juice and grated

rind of one lemon. Put the milk in a vessel, which set in another, half full of water ; heat them to set the curd, then strain off the milk, rub the curd through a strainer ; add the butter to it and the other ingredients. Line little pans with rich paste ; fill with the mixture and bake until firm in the center.

Orange Water Ice.—Add a tablespoonful of gelatine to one gill of cold water ; let it stand twenty minutes and add half a pint of boiling water, stir until dissolved and add four ounces of powdered sugar, the strained juice of six oranges, and cold water enough to make a full quart in all. Stir until the sugar is dissolved ; pour into the freezing can and freeze (see lemon water ice).

Rice Soufflé.—Wash a pint of rice, put it in a saucepan and add a pint of boiled milk and a small piece of stick cinnamon ; boil until the milk is absorbed. Remove the cinnamon. When cold add the beaten yolks of four eggs and an ounce of sugar beaten together, to the rice. Have ready a quantity of stiff foam made from the beaten whites of six eggs. Whisk it into the rice and beat the mixture thoroughly ; pour it in a buttered dish, bake to a light golden color, and serve the moment it leaves the oven.

Rhubarb Tarts.—One pound of sifted flour, a quarter of a pound of lard, a quarter of a

pound of butter; work the flour and lard together; add water enough to make a dough, roll it out, spread a portion of the butter over it, fold and roll again; add more butter, and so on until all the butter is used. When wanted, roll it half an inch thick, cut it into rounds with a fluted cutter, brush a little egg over the top edge and bake. When done fill them with rhubarb, stewed and sweetened.

Sponge Cake.—Separate the whites and yolks of ten eggs; beat the yolks thoroughly with one pound of sifted, powdered sugar; add half a pound of sifted flour, a saltspoonful of salt and the grated rind of one orange and one lemon. Whisk the whites to a stiff froth, and beat it into the mixture *thoroughly*. Half fill your buttered pans with the mixture, and bake forty-five minutes. Cover the cake with paper during the first half baking.

Sponge Drops.—Separate the whites and yolks of six eggs and beat them thoroughly. Add to the yolks four ounces each of sifted flour and sugar. Beat in the whisked whites and two gills of rose-water; beat the mixture five minutes. Butter the baking tin, and drop the mixture by spoonfuls on it; dust a little sugar over them; let them stand a few minutes to absorb the sugar, and bake twenty minutes.

Velvet Cream.—Dissolve half an ounce of gelatine in a gill of water ; add to it half a pint of light sherry, grated lemon peel and the juice of one lemon and five ounces of sugar. Stir over the fire until the sugar is thoroughly dissolved. Then strain and cool. Before it sets beat into it a pint of cream ; pour into molds and keep on ice until wanted.

Vanilla Ice Cream.—Take four quarts of rich cream, two vanilla beans, split in two and cut small, two pounds of powdered sugar, and four fresh eggs. Beat the eggs thoroughly in a porcelain-lined dish ; add the sugar and stir well together ; add the cream and vanilla, simmer until near boiling point, remove and strain through a hair sieve. When cool pour into a freezer, and freeze in the usual manner.

VARIOUS FRUIT DESSERTS.

Apple Charlotte.—A home-made apple charlotte is prepared as follows : Line the inside of a pudding-dish with thin slices of home-made bread, moderately well buttered on both sides. Peel, core and slice a quantity of sour apples ; put in a thin layer of apple in the dish ; spice moderately, and add a liberal quantity of sugar ; then add a layer of any kind of home-made pre-

serves, and so on until the dish is really full ; put slices of buttered bread on top, and bake until quite brown and crisp on top.

Apricots with Rice.—Wash a pint of rice thoroughly, scald it with hot water, drain and cool ; add to the rice a quart of rich milk, a quarter of a pound of sugar and a saltspoonful of salt ; simmer gently an hour. When done, beat it with a wooden spoon. Wet an oval mould with water, press the rice in it and keep on ice until wanted. Cut a dozen apricots in halves, remove the stones and boil the apricots in a syrup made of a pound of sugar, a pint of water, and the juice of two lemons. Turn the rice on a glass dish, arrange the apricots around it, pour the syrup over all (when cold) and serve.

Banana Charlotte. –Line the sides of a quart mould with slices of sponge cake or brioche ; cover the bottom of the mould with thin slices of Aspinwall bananas ; fill the mould with stiff-whipped or Bavarian cream ; set it aside in the ice-box until wanted ; then remove carefully from the mould and serve.

Banana Fritters.—Remove the skin from four large yellow bananas. Cut the fruit in two crosswise, then lengthwise, in not too thin slices ; dip them in a batter, fry in hot fat, and serve

with a sweet sauce, flavored with kirsch or other liqueur. Make the batter as follows : Beat the yolks of three eggs and add a gill of milk, a saltspoonfull of salt, four ounces of sifted flour, and mix thoroughly.

Blackberry Short-cake.—Prepare the short-cake as in the recipe for strawberry short cake (which see). Examine the berries carefully ; reject all bruised or decayed ones ; arrange them on the lower piece of short-cake on their sides, but place them upright on the upper layer and dredge liberally with sugar.

Fresh Pineapples in Jelly.—Procure a pint of calf's-foot or wine jelly from the grocer. Surround a small fancy mould with ice, keeping the opening end upward ; add enough jelly to cover the bottom of the mould ; when firm add a layer of diamond-shaped pieces of pineapple, then add more jelly and pineapple until the mould is full and all the fruit is used. Keep it as cold as possible until wanted, then dip the mould quickly in hot water and turn out the form on an ice-cold dish.

Frozen Bananas.—Cut six large, ripe, red bananas crosswise, in very thin slices ; add half a pound of powdered sugar to them, let them stand an hour, then add a quart of water and the grated peel of a lemon. When the sugar is dis-

solved, put the fruit in the freezer and freeze as you would ice-cream. Pineapples, oranges and berries may be served in the same manner. A pint of cream, whipped stiff, may be added if liked.

Frozen Peaches.—Peel, stone, and quarter the peaches, put them in a freezing-can or crock in alternate layers, with an equal quantity of peach Sherbet and keep surrounded with ice until wanted.

Orange-Cocoanut Salad.—Fruits served as a salad are most enjoyable ; served with a crispy *croûton* or quantity of little cakes they are very acceptable (see After-Dinner *Croûtons*). Peel and slice four Florida oranges. Cover the bottom of a compotier with slices of oranges, and strew over them a layer of fresh-grated cocoanut : add layers of sliced orange and cocoanut until the dish is full. Add powdered sugar, and over all pour a pint of champagne.

Orange Salad.—In India, orange salad is served with a plain dressing of oil, vinegar, pepper and salt ; but for Americans, the most appropriate dressing is of liqueurs. Peel and slice three cold oranges, remove the seeds, arrange the slices neatly in a compotier, dust powdered sugar over them and add two tablespoonfuls each of maraschino, chartreuse, and brandy ; let the dish stand an hour before serving.

Orange Sponge.—Oranges are not only excellent at breakfast (which is the best time to eat them), but should be oftener served at dessert—as puddings, jellies, short-cake, etc.—than they are. A very nice dish is made as follows: squeeze out the juice and pulp of three oranges into a bowl, add the juice of half a lemon, three ounces of sugar, one and a half pints of cold water; let it come to a boil, then strain. Dissolve two tablespoonfuls of corn-starch in a little cold water, rub it smooth and add to it the strained juices; let it boil fifteen minutes to cook the corn-starch. Then set it aside, and when cold set it in the ice-box to become quite cold. Beat up the whites of three eggs to a foam, whip it into the corn-starch, and it is ready for use. It may be served in tart shells or fancy cases, or in meringue boats.

Peaches à la Condé.—Peel and cut the peaches in two, and stew them in clarified sugar syrup. Fill an oval mould with hot boiled rice; turn the form out on a dish, arrange the peaches around it, and decorate with preserved cherries, or other small fruits from the confectioner's. Mix half a pint of the syrup with a gill each of sherry and marmalade, pour it over the dish, and serve hot.

Peaches à la Suédoise.—Cut a dozen fine

peaches in halves, remove the stones and boil the peaches in white sugar syrup ; drain on a sieve and remove the skins. Cut a sandwich loaf of bread in two, lengthwise, trim off all crust from one-half of it and fry this in hot butter ; drain and cool ; put it on a flat dish, arrange the peaches on top of it, reduce the syrup a little and pour it over the peaches. Strew over the dish a quantity of deviled almonds, and serve.

Peach Fritters.—Peel the peaches, split each in two and take out the stones ; dust a little powdered sugar over them ; dip each piece in the batter, and fry in hot fat. Put an ounce of butter in a saucepan, and whisk it to a cream; add four ounces of sugar gradually. Beat the yolks of two eggs ; add to them a dash of nutmeg and a gill each of cold water and rum ; stir this into the lukewarm batter, and allow it to heat gradually. Stir constantly until of a smooth, creamy consistency, and serve. The batter is made as follows : Beat the yolks of three eggs ; add to them a gill of milk, a saltspoonful of salt, four ounces of flour ; mix. If old flour is used, a little more milk may be found necessary.

Peach Meringue.—Peel six ripe peaches, split or cut them in halves and remove the stones. Beat half a pint of rich cream in a bowl surrounded with ice, until it is three times its original

quantity. Place the froth on a sieve to drain, and keep it on ice until wanted. Dredge the peaches with sugar. Beat the whites of four eggs until very stiff, and add four ounces of powdered sugar gradually. Cover an oven board with white paper and drop the beaten eggs on it by tablespoonfuls, place them over the range for half an hour, then brown slightly in a slow oven, remove the soft part when they are cold and place half of a peach in the cavity. Place mounds of the whipped cream on top, and serve. The meringues may be filled with the cream and half of a peach placed in the center.

Peach Short-cake.—Prepare the short cake as in the recipe for Strawberry Short-cake. Peel and slice the peaches, arrange the slices with sugar as fast as peeled, and arrange in the usual manner in layers on top of the short-cake. The top layer should be covered with a whipped cream to make it more palatable.

Pineapple Fritters.—Peel and dig out the edges of the fruit, and then slice and cut out the hard core of each slice. Dip the slices in a batter, and fry in hot fat. Add to half a pint of hot sugar syrup a tablespoonful of Kirschwasser, and serve with the fritters.

Pineapple Salad.—Pare and dig out the eyes of a ripe pineapple ; take hold of the crown of

the pine with the left hand, take a fork in the right hand, and with it tear the pine into shreds until the core is reached, which throw away. Arrange the shredded fruit lightly in a compotier, add a liberal quantity of powdered sugar, a wine-glassful of curaçoa, half a wine-glassful of brandy. Alternate layers of shredded pineapple and fresh cocoanut, served with a sauce made of orange-juice seasoned with sugar and liqueur, is excellent.

Plum Salad. — Large plums are excellent served as a salad. Split half a dozen plums in two, remove the stones. Put the halves in a compotier, skin side down, dust sugar over them and add a gill of sherry, a tablespoonful each of green chartreuse and of maraschino ; let them stand fifteen minutes, toss lightly, and serve. Claret may be used instead of sherry, and brandy instead of chartreuse. The object in using liquors with fruits is to prevent ill effects from overeating them.

Raspberry Short-cake.—Prepare the short-cake as in recipe for Strawberry Short-cake (which see). Arrange a layer of berries on one-half of the cake, dredge with fine sugar, and place the other half on the berries ; cover the top with largest berries and add a liberal quantity of sugar, and serve. A mixture of whipped white of egg

and sugar is sometimes added to the top layer and it is placed in the oven a moment to set, but too much heat will spoil the berries. [The short-cake of the restaurants is not a true "short-cake," it being made of layers of sponge cake.]

Salad of Mixed Fruits.—Put in the center of a dish a pineapple, properly pared, cored, and sliced, yet retaining as near as practicable its original shape. Peel, quarter, and remove the seeds from four sweet oranges ; arrange them in a border around the pineapple. Select four fine bananas, peel and cut into slices lengthwise ; arrange these zigzag-fence fashion around the border of the dish. In the V-shaped spaces around the dish put tiny mounds of grapes of mixed colors. When complete the dish should look very appetizing. To half a pint of clear sugar syrup add half an ounce each of brandy, maraschino, and curaçoa ; pour over the fruit and serve.

Sliced Pears.—Pare, quarter, and core four fine pears, put them in a compotier, and pour over them half a pint of hot sugar syrup, cover and allow it to cool. Add a tablespoonful of brandy. Keep on ice until wanted.

Strawberry Charlotte.—Prepare the charlotte as prescribed in Banana Charlotte. Substitute strawberries for bananas and the result will be very gratifying.

Strawberry Short-cake.—Sift together half a pound of flour, a coffeespoonful each of salt and of sugar, and two teaspoonfuls of baking-powder. Work into this mixture a quarter of a pound of cold washed butter ; add gradually two gills of cold boiled milk, mix quickly with a knife ; dredge flour over the moulding-board and turn the paste upon it, toss with the knife until it is floured, pat it gently with a floured rolling-pin and roll it down to half an inch thickness ; put a plate on top of the paste and cut round it, grease a baking-tin, put the rounds upon it and bake. When done make an incision round the center of the edge and tear them apart. If not too thick they need not be divided. Wash the berries to remove grit ; arrange a layer of them on one-half of the cake, dredge with fine sugar, and place the other half on the berries ; cover the top with largest berries and add a liberal quantity of sugar, and serve. A mixture of whipped white of egg and sugar is sometimes added to the top layer and it is placed in the oven a moment to set, but too much heat will spoil the berries.

A novelty in short-cakes is made of black and white Hamburg grapes. Large California or Malaga grapes may be used, if the seeds are not objected to. In our opinion grape seeds are a

constant source of trouble and cause many of the ills attributed to other sources. Seeds should therefore be rejected.

Velvet Cream with Strawberries.—Half fill small moulds with fine strawberries, pour the cream on top and place on ice until wanted. (See Velvet Cream.)

CUSTARDS AND OMELETS AS DESSERTS.

Cold Custard.—Wet a saucepan with cold water to prevent the milk that will be scalded in it from burning. Pour out the water and put in a quart of milk ; boil and partly cool. Beat up the yolks of six eggs and add three ounces of sugar and a saltspoonful of salt ; mix thoroughly and add the lukewarm milk. Stir and pour the custard into a porcelain or double saucepan and stir while on the range until of the consistency of cream, strain and when almost cold add flavoring if desired. Pour the custard in cups, which place on ice until wanted, or pour it into the freezer and freeze *en bloc*. After the eggs and cream have combined, it must not be allowed to boil or it will curdle.

Cold Rice Custard.—Prepare a custard as in

the foregoing recipe. Add to it, before pouring into the cups, half a pint of boiled rice ; mix and keep surrounded with ice until wanted.

Meringue Custard Tartlets.—The deep individual pie-tins, fluted tartlet pans, are suitable for custard tarts, but they should be about six inches in diameter and from two to three inches deep. Butter the pan and line it with ordinary puff paste, then fill it with a custard made as follows : Stir gradually into the beaten yolks of six eggs two tablespoonfuls of flour, a saltspoonful of salt and half a pint of cream. Stir until free from lumps and add two tablespoonfuls of sugar, put the saucepan on the range and stir until the custard coats the spoon. Do not let it boil or it will curdle. Pour it in a bowl, add a few drops of vanilla flavoring and stir until the custard becomes cold ; fill the lined mould with this and bake in a moderate oven. In the mean time, put the white of the eggs in a bright copper vessel and beat thoroughly, using a baker's wire egg-beater for this purpose. While beating, sprinkle in lightly half a pound of sugar and a dash of salt. When the paste is quite firm, spread a thin layer of it over the tart and decorate the top with the remainder by squeezing it through a paper funnel. Strew a little powdered sugar over the top, return to the oven, and

when a delicate yellow tinge, remove from the oven and serve hot.

Omelet Soufflé.—Beat separately the whites of four and the yolks of two eggs ; whisk the whites into the yolks ; add a tablespoonful of sugar and a few drops of vanilla extract ; turn it out on a shallow tin or plate, and bake about ten or twelve minutes. Serve immediately, and on the dish in which it was baked. An Omelet Soufflé is an excellent and inexpensive sweet or dessert dish, and one that should be more often met with in private families. The secret of making it is to beat the eggs thoroughly and serve it the moment it is taken from the oven, otherwise it will be flat and worthless.

Omelet with Jelly.—Put a small quantity of lard or oil into the pan, let it simmer a few minutes and remove it, wipe the pan dry with a towel, and put in a little fresh oil in which the omelet may be fried. Care should be taken that the oil does not burn, which would spoil the color of the omelet. Break three eggs separately ; put them into a bowl and whisk them thoroughly with a fork. The longer they are beaten the lighter will the omelet be. Beat up a teaspoonful of milk with the eggs and continue to beat until the last moment before pouring into the pan, which should be over a hot fire. As soon

as the omelet sets, remove the pan from the hottest part of the fire. Slip a knife under it to prevent sticking to the pan. When the center is almost firm, slant the pan, work the omelet in shape to fold ; just before folding, add a tablespoonful of currant jelly ; turn it out on a hot dish, dust a little powdered sugar over it, and serve.

Rum Omelet.--Sweet Omelets are very often substituted for other desserts and are appropriate in an emergency.

As a rule, an omelet is a wholesome and inexpensive dish, yet one in the preparation of which cooks frequently fail, owing to carelessness of detail. With a little attention the housewife can easily become the perfect cook in this branch as well as others.

The flavoring and the ingredients of omelets may be varied indefinitely, but the principle is always the same : in making an omelet care should be taken that the omelet pan is hot and dry. To ensure this, put a small quantity of lard into the pan, let it simmer a few minutes and remove it, wipe the pan dry with a towel and put in a little fresh lard in which the omelet may be fried. Care should be taken that the lard does not burn, which would spoil the color of the omelet.

It is better to make two or three small omelets than one very large one, as the latter cannot be well handled by a novice. The omelet made of three eggs is the one recommended for beginners. Break the eggs separately ; put them into a bowl and whisk them thoroughly with a fork. The longer they are beaten the lighter will the omelet be. Beat up a teaspoonful of milk with the eggs and continue to beat until the last moment before pouring into the pan, which should be over a hot fire. As soon as the omelet sets, remove the pan from the hottest part of the fire. Slip a knife under to prevent sticking to the pan. When the center is almost firm, slant the pan, work the omelet in shape to fold easily and neatly, and when slightly browned hold a platter against the edge of the pan and deftly turn it out on to the hot dish.

Salt *mixed* with the eggs prevents them from rising, and when it is so used the omelet will look flabby, yet without salt it will taste insipid. Add a little salt to it just before folding it and turn out on the dish.

To make a rum omelet, prepare an omelet as has been directed, fold it and turn out on a hot dish ; dust a liberal quantity of powdered sugar over it, and singe the sugar into neat stripes with a hot iron rod, heated in the coals, pour a glass

of warm Jamaica rum around it, and when it is placed on the table set fire to the rum. With a tablespoon dash the burning rum over the omelet.

Tapioca Custard.—Pick over carefully and wash one-quarter of a pound of small grain tapioca. Add to it a quart of boiling milk, two saltspoonfuls of salt, and boil slowly an hour and a half ; stir frequently ; when done, allow it to cool a little. Beat five eggs thoroughly, and add to them three ounces of sugar, an ounce of butter, and a dash of nutmeg. Gradually add the tapioca. Let the whole come to boiling point ; pour into cups or a mould, and serve hot or ice cold, as may be preferred.

PUDDINGS.

Apple-Manioca Pudding.—Put in one pint of milk four tablespoonfuls of manioca, and a saltspoonful of salt. Place these ingredients in a saucepan and after boiling pour into a dish, and add two tablespoonfuls of sugar, one pint more of cold milk, two beaten eggs, the grated rind of one lemon, and a saltspoonful of mixed spice. Line a baking tin pan with sliced apples, pour in the mixture, and bake in a moderate hot oven half an hour.

Batter Pudding.—Beat separately the whites and yolks of four eggs ; mix with them eight ounces of flour and a saltspoonful of salt ; make a batter with a little more than a pint of milk ; mix. Butter a baking-tin, and just before pouring the mixture into it, add a teaspoonful of baking-powder. Serve with vanilla sauce.

Boiled Pudding.—Half a pint of chopped beef suet ; same amount of grated bread and same quantity of washed currants ; mix with two tablespoonfuls of sugar, a teaspoonful of lemon-peel, saltspoonful of salt and same of grated nutmeg ; whip up two eggs with half a pint of milk ; work the mixture to a light paste ; scald a few small pudding-cloths, wring them out, flour them, and tie a small portion of the mixture in each ; plunge them into boiling water, boil quickly half an hour, turn them out on a hot dish, dust sugar over them, and serve with the following sauce : Melt an ounce of butter, add two tablespoonfuls of powdered sugar, teaspoonful of grated lemon-peel, pinch of nutmeg and a wineglassful of sherry.

Boiled Rice Dumplings, Custard Sauce.—Boil half a pound of rice ; drain and pound it moderately fine. Add to it two ounces of butter, three ounces of sugar, half a saltspoonful of mixed ground spice, salt, and the yolks of two

eggs. Moisten a trifle with a tablespoonful or two of cream. With floured hands shape the mixture into balls, and tie them in floured pudding-cloths. Steam or boil forty minutes, and send to table with a custard made as follows :

Mix together four ounces of sugar and two ounces of butter (slightly warmed). Beat together the yolks of two eggs and a gill of cream ; mix and pour the sauce in a double saucepan ; set this in a pan of hot water, and whisk thoroughly three minutes. Set the saucepan in cold water and whisk until the sauce is cooled.

Bread-and-Butter Pudding.—Select a loaf of stale bread. Do not remove the crust. Cut the loaf in thin slices and butter them ; half fill a pudding dish with them and fill up with a boiled custard ; put the dish in a pan part full of water, and let it remain on top of the range an hour and a half, then place it in the oven to brown slightly. When done, serve with a sauce made as follows : Cream two ounces of butter, and add a heaping tablespoonful of flour, half a pint of cream, a tablespoonful of sugar, and two tablespoonfuls of sherry. Let it come to a boil, then place it on the back of the range. When lukewarm, whisk into it slowly the yolk of one egg, well beaten ; warm it slightly, and serve.

Bread-and-Fruit Pudding.—Trim off the crust from a quantity of dry bread and grate the remaining white part of it; add to a pint of it one quart of hot boiled milk, two ounces of butter, four ounces of sugar, half a teaspoonful of salt, and a heaping saltspoonful of mixed ground spice. When cool, whisk into it four well-beaten eggs. Peel and slice a dozen fine, firm peaches; add them to the mixture; pour it into a brown bread or deep pudding mould; place it in a pot of hot water and steam three hours. Serve either hot or cold and with an egg or cream sauce, flavored with lemon or vanilla. Canned fruits of all kinds may be used when fresh are too expensive.

Bread Pudding.—Soak a pint of grated bread crumbs in one and a half pints of milk. Beat up the yolks of two eggs with a tablespoonful of sugar, a little salt and the grated rind of one lemon, mix into the bread and place in an oven to bake. Whisk the whites of an egg with a tablespoonful of powdered sugar and the juice of half a lemon, and when light add to the pudding, return to the oven again and bake to a light brown.

Carrot Pudding.—Americans, as a class, unfortunately do not appreciate the young carrot—either as a vegetable or as the basis of sweet

dishes—nearly as much as foreigners do. They are excellent served as fritters, and in puddings, pies, jam, cheese-cakes, soups, etc. A very nice pudding is made as follows: Half a pint of grated bread crumbs, one-quarter of a pound of flour, one-quarter of a pound of butter, half a pound of dried or preserved cherries, half a pound of crushed sugar and a saltspoonful of salt. Boil a dozen young carrots three-quarters of an hour, rub them through a sieve and add half a pound of the pulp to the mixture; mix thoroughly; pour in a buttered mould and steam two and a half hours; serve with a sauce made as follows: Boil one-quarter of a pound of sugar in a pint of water; skim off the surface until clear; add a wineglassful of sherry; when cool, beat an egg and whisk it into the syrup.

Chocolate Pudding.—Add one ounce of grated chocolate to a quart of milk; boil thoroughly; flavor with vanilla; set aside to cool; then stir in the yolks of six eggs, well beaten; bake in a buttered pudding dish until it stiffens like custard. Beat the whites of six eggs with a tablespoonful of powdered sugar, to a stiff froth; spread over the top of the pudding; return to the oven and brown quickly.

Cold Apple Pudding.—Sift one pint of flour, add one-quarter of a teaspoonful of salt. Beat

the whites and yolks of four eggs separately ; add the yolks and half a pint of rich cream, add a pint of strained apple sauce, six ounces of sugar, a pinch of cinnamon, and beat in the whites of the eggs. Pour into a very deep pan, or, better still, a deep mould, which place in a pan partly full of hot water ; let it simmer on the back of the range for three-quarters of an hour ; then put pan and pudding in the oven for about the same length of time. When done, it may be served hot if liked, or packed in ice and served cold with a rich cream sauce.

Cold Cabinet Pudding.—Grease a quart pudding-mould and cover the bottom with pieces of candied lemon and orange peel, cut diamond shape. Between each four diamonds place a boiled seedless raisin ; cover the fruit with a layer of stale sponge cake, and add a layer of raisins or other dried candied fruits ; repeat with alternate layers of cake and fruit until the mould is full. Beat up the yolks of four eggs with half a teaspoonful of salt and three ounces of sugar. Whisk into them a pint and a gill of lukewarm milk ; pour this into the mould. Place the mould in a pan of hot water ; let it remain on the back of the range an hour, then set pan and all in a moderate oven and bake one hour. Let it cool. When cold surround it with ice, and when

wanted, serve with a cold rich custard sauce, flavored with vanilla or sherry wine.

Cold Marquise Pudding.—Open a two-pound can of preserved pears, drain them from the liquid, cut them small and rub them through a sieve ; add half a pint of white sugar syrup. Cut up two pineapples into thin slices, and then into small dice. Add their weight of sugar and a pint of water ; simmer half an hour, set aside to cool. Boil half a pound of dried cherries in half a pint of syrup and cool. Surround the ice-cream freezer with ice, put the pear pulp in it and work it until partly frozen ; add while working the pears with the spatula, the well-beaten whites of four eggs. Drain the cherries and the pineapple from the syrup and add them, and when nearly frozen, put the mixture in an ice-pudding mould. Surround it with ice and salt until wanted. If you can afford it, a pint of sweet champagne frappéed and served with the puddings as a sauce will be found delightful.

Cold Plum Pudding.—Plum pudding is a winter dish, and is only tolerated in summer when served cold. As there is much trouble in preparing it we recommend the plum pudding of the grocer, for use in summer. Boil the pudding and cool it, put it in a mould, surround it with wine or brandy jelly and pack it

in ice. When wanted dip the mould in hot water an instant, turn it out, cut in slices and serve.

Cold Rice Pudding.—The dish prepared according to rice pudding recipe may be placed on ice and served cold, but a richer pudding is more appreciated. Beat the whites and yolks of six eggs separately ; add four ounces of sugar, a little flavoring and salt to the yolks, and add cold boiled rice enough to make a stiff batter. Beat in the whisked whites ; pour the mixture into cups, set them in a pan partly filled with hot water, place on the back of the range for half an hour, then put the pan and puddings in the oven and bake forty minutes. When cold surround them with ice. A rich cold custard sauce may be served with them.

Cold Scotch Pudding.—Soak a pint of grated oatmeal crackers in one and a half pints of milk. Beat the yolks of three eggs with a heaping tablespoonful of powdered sugar, saltspoonful of salt and the grated rind of a lemon ; mix with the soaked crackers. Beat the whites of the eggs with a tablespoonful of powdered sugar, whisk into the mixture ; pour into small moulds (a little over half full) and set them in a pan containing warm water, place on top of range half an hour, then put the pan in the oven

and bake forty-five minutes. When cool set them on ice and serve with wine sauce.

Green-Apple Dumpling—Fruit Sauce.—Wash and chop fine a quarter of a pound of beef suet, add to it half a teaspoonful of salt, half a pound of flour, a teaspoonful of baking-powder, and half a pint of milk, or enough to make a stiff paste ; roll it out, fold it and place on ice until wanted. Peel and core six green apples ; fill the center with a mixture of sugar, seasoned or spiced with a little ground cloves and butter (enough to bind it together), cover each apple with a thick layer of the paste, tie them in small pudding-cloths and steam them an hour and a half. Boil together a pint of raspberries, quarter of a pound of sugar and two gills of water, simmer gently, remove the scum as fast as it arises, strain through a small sieve, and serve.

Indian Pudding.—Sift one pint of Indian yellow meal, add to it two ounces of chopped beef suet, half a teaspoonful of salt, and two gills of black molasses. Beat up two eggs and add to them one quart of milk ; mix and pour the paste into a small earthen pot. Set it in a pan of water and bake slowly three hours.

Lemon Pudding.—Moisten half a pint of fine farina with a gill of cold milk ; add it to a pint of hot milk and stir well. Add a salt-

spoonful of salt and two ounces of butter, stir until quite smooth and thick, and allow it to become cold. Beat together four eggs, six ounces of sugar, the grated rind and juice of two lemons and a dash of ground cinnamon ; stir into this mixture the cold farina, a small quantity at a time, until used, then pour it into a buttered pudding-dish and bake forty minutes. It may be served hot, but is better when served cold, during hot weather.

Manioca Pudding.—Three tablespoonfuls of manioca, one quart of milk, a little salt, one tablespoonful of butter, and two well-beaten eggs ; sugar, spice, or flavoring to the taste. Mix manioca in half the milk cold, and, with the butter, stir on the fire until it thickens, pour it quickly into a dish, stir in the sugar and remaining milk, and when quite cool add the eggs, spice, and wine or other flavoring. This pudding may be varied by omitting the eggs and substituting currants, chopped raisins, or candied lemon, orange, or citron sliced. Bake half an hour in a moderate oven.

It is also very nice served cold.

Méringue Pudding.—To a pint of grated bread crumbs add a quart of milk ; mix together five ounces of sugar, three ounces of butter and the beaten yolks of five eggs. Grate the outer

yellow rind of two lemons and with the juice of one mix all together ; flavor with ground mixed spice to suit your taste ; put the mixture in a buttered pan and bake twenty-five minutes. Beat the white of the eggs to a spongy froth with three ounces of fine sugar ; take the pudding out of the oven, add the Méringue, and when slightly colored, it is done.

Minute Pudding.—Sift half a pound of flour ; add half a teaspoonful of salt and a tablespoonful of sugar ; make a batter by adding half a pint of milk ; boil the batter in boiling water five minutes, and pour off the water. Wet a few cups with cold water, turn the pudding into these, and serve with a sauce made of melted butter and water thickened with a little flour.

Plum Pudding.—A very good plum-pudding is made as follows : Grate the inner part of a loaf of moderately stale home-made bread ; add to six ounces of it a pound of flour, a pound of beef suet floured and chopped fine, a teaspoonful of salt, half a pound of blanched almonds or walnuts, half a pound of sugar, half a pound of raisins stoned and chopped, half a pound of washed currants, two ounces each of candied citron, lemon-peel, and orange-peel cut fine, half a pound of chopped apple, half an ounce of

mixed ground spice, and a teaspoonful of fresh lemon-juice. Beat together five eggs and a pint of milk. Stir it into the mixture ; add half a pint of California brandy, and pour the mixture into a porcelain-lined kettle. Simmer gently and stir it well for fifteen minutes ; put the mixture in bowls previously scalded, and when cool cover them with well-washed muslin and put them away. When wanted, boil or steam four hours, turn out of the bowl, and put on top of it a few squares of cut sugar, pour on a little brandy, and set it afire. Serve with a thin custard sauce flavored with vanilla or brandy. But very little of this pudding should be given to young people, as it might affect them. The pudding will keep a year.

Pineapple Cabinet Pudding.—This is an excellent pudding and can be prepared at quite reasonable cost at this season of the year. Proceed as in recipe for cold cabinet pudding, using diamond-shaped pieces of fresh pineapple instead of dried or candied fruits. It may be served hot, but is better cold.

Rice à l'Imperatrice.—Wash a pint of rice and boil it in a quart of milk until tender ; add three ounces of sugar, and stir while cooking, until the sugar is dissolved. Remove it from the fire and when cold add the well-beaten yolks of

five eggs. Soak one ounce of fine gelatine in cold water until soft, add to it three gills of boiling cream and two ounces of sugar ; stir until dissolved, strain into a tin, which place in a wooden bowl surrounded with ice. When it commences to set whisk into it the whipped froth of three half-pints of cream, flavor with a few drops of extract, and work this into the rice mixture as lightly as possible. Put in the bottom of the moulds a tablespoonful of preserves or jelly, fill the moulds with the preparation and keep them on ice until wanted.

Rice Pudding.—Wash two ounces of rice in two waters, then drain and add three half-pints of milk, an ounce of sugar, a little salt and a dash of nutmeg ; let stand three-quarters of an hour, then bake in a moderate oven until a delicate brown. A rich rice pudding may be had by using eggs.

Spanish Apple Pudding.—Cover the bottom of a pudding dish with a light puff paste, and lay on it a layer of thin slices of apples ; strew over them a tablespoonful of sugar and a saltspoonful of ground cinnamon ; another layer of sliced apples sprinkled with a tablespoonful of sugar and a saltspoonful of ground cloves ; another layer of apples, sugar, and a saltspoonful of grated nutmeg. Cover with a top crust with

a hole in its center. Mix together a gill of white wine vinegar with two ounces of sugar, pour it in the hole and bake thirty minutes.

Spanish Pineapple Pudding.—Proceed as in the above recipe, using shredded pineapple instead of apple, and use sherry instead of vinegar.

Spanish Fruit Pudding.—Line a baking-dish with a light puff paste, add a layer of shredded pineapple and cover it with powdered sugar; add a layer of sweet oranges sliced, strew over them a thin layer of sugar; next add a layer of sliced bananas with sugar strewn over them. Repeat the process until the dish is full. Cover the dish with a light puff paste, and bake to a delicate brown.

Sponge Pudding.—Sift together a quarter of a pound of flour and three ounces of sugar, mix two gills of cold milk, and work it into three half-pints of boiling milk; stir over the range until smooth and thick. Now add two ounces of creamed butter and whisk into it the well-beaten yolks of eight eggs. Beat up the whites of the eggs to a stiff foam and work it into the batter. Pour the mixture into custard cups, set them in a pan of hot water and bake to a light brown; serve with vanilla sauce.

Steamed Peach Pudding.—Sift together one

pint of flour, two heaping teaspoonfuls of baking-powder and two saltspoonfuls of salt. Beat together the yolks of two eggs with three ounces of sugar and half a pint of milk, add this to the flour. Beat the whites of the eggs to a froth and add it also. Cut six nice peaches, dredge them with flour and add to the mixture ; pour into a buttered pudding-mould and steam two and a half hours. Send to table with a creamy sauce flavored with a spoonful of brandy.

Tapioca Pudding with Peaches.—Wash half a pint of small tapioca ; put in a double boiler, add a liberal quart of boiling water and boil half an hour. Peel and halve a dozen peaches, put them in a pan, add one quarter of a pound of powdered sugar, a saltspoonful of mixed ground spice, four ounces of butter and the grated rind of a lemon. Pour the tapioca over the fruit, bake to a delicate brown, and serve—hot or cold—with cream or wine sauce.

Vanilla Sauce.—Put half a pint of milk in a small saucepan ; when hot add the whisked yolks of three eggs and stir until it is the consistency of custard ; remove it from the fire, and when it is cool add a teaspoonful of vanilla extract and the beaten whites of two eggs.

PIES.

It is our firm conviction that the average pie of to-day is the direct cause of more ill-nature and general "cussedness" in mankind than anything else, and that there lurks more solid, downright dyspepsia in a square inch of baker's pie than in all the other dyspeptic-producing compounds known. The pie we desire to see upon the American table is one that is more the receptable for fruit than a blending of fruit with puff-paste so soggy that lead would digest almost as easily. When a top crust is used let there be but little of it, and so light and delicate that "fairy footfalls" would break through it. We here present two recipes for making pies, which, to say the least, are not only original but are also healthful. The puff paste for these pies is made as follows :

Pie Crust.—Sift together one quart of flour, a teaspoonful of salt, and a tablespoonful of Horsford's baking-powder ; add gradually three gills of milk ; work to a dough, divide into four parts, and roll out the desired size. This crust when eaten is not harmful.

Puff Paste.—A rich puff paste is not made without much trouble, and it requires much practice to make it perfect. Put in a bowl one quart of ice water, four pieces of ice, each piece

as large as an egg, and a pound of the very best butter. Work the butter with the hands until of a waxy consistency. Should the hands become numb, dip them in hot water for a moment. Divide the butter into three parts and keep on ice until wanted. Sift together one quart of flour and a teaspoonful of salt. Chop one-third of the butter in pieces, and work it into the flour with the fingers. When thoroughly incorporated add by degrees half a pint of ice-water ; work the paste until it looks like minute pellets ; turn it out on a floured board, and dredge with flour. Now comes the troublesome part of the operation —the use of the rolling-pin, with gentle taps of which reduce the size of the paste until it is right for rolling out. When quite smooth and about half an inch thick, roll it out, covering as large a surface as possible. Dredge one of the pieces of butter with flour and pat it quite thin ; put it on the paste and fold, first the sides and then the ends ; press it with the palm of the hand, and roll out again. Repeat this process, using the third piece of butter. If you are not exhausted, roll out twice or three times more, then keep on ice until wanted.

Home-made Apple Pie.—Line a buttered pie-tin with pie-crust, as above, or puff paste ; cut some of it in strips three-quarters of an inch

wide ; wet the edge of the paste in the tin, and arrange a strip around the rim ; cut the top of the border slightly, and add another rim. Peel, quarter, and core a few of the best sour apples obtainable. Cut each quarter in three pieces ; arrange them neatly in the pie-tin, slightly mound-shaped in the center ; to each pie add a teaspoonful of grated lemon-peel, half a salt-spoonful of freshly ground cloves, and sugar—three ounces of which will make the pie moderately sweet, and four to five ounces decidedly sweet. Bake thirty minutes. While baking beat a pint of cold cream in a bowl surrounded with ice, whisk it thoroughly with a baker's egg-whip or beater until a substantial froth is formed, and keep it on ice until wanted. When the pies are done and have cooled, add a mound of the whipped cream, and when the pie is about to be served let the head of the family state emphatically to those at table that the under-crust is not to be eaten. Serve a spoon with this kind of a pie instead of a fork. When variety is required a meringue may be used instead of the whipped cream. In this case it should be returned to the oven a moment to color the top slightly.

Mince Pie.—There must be a proper time to eat so hearty a dish as mince-pie, but it certainly

is not at the end of a heavy Thanksgiving dinner. Even plum-pudding is, in my judgment, altogether too heavy to serve as a dessert after the numerous rich viands of a holiday dinner, and yet to ignore them upon such occasions would seem to be striking a blow at our long-established customs. If they must be served to bring back the pleasant memories of our youth, make the portions very small.

The prepared mincemeat of our first-class grocers is recommended to small families, as its ingredients are more perfectly blended than when the compound is made in small quantities. If, however, it is desired to make it at home, do so as follows: Put into a chopping-bowl half a pound of lean, boiled meat, a quarter of a pound of suet, three pounds of sliced apple, and chop all together very fine. Remove this and put in the bowl a pound of sweet almonds, blanched; chop them fine with a pound of seedless raisins; add these to the meat, and also add a pound of washed currants, half a tablespoonful of salt, the juice and rind of two lemons, a pound and a half of light C sugar, a tablespoonful of mixed ground spice, and a quarter of a pound of chopped candied orange-peel. Boil down a quart of good soup-stock two-thirds, and add to the mixture. Put all in a porcelain-lined stew-

pan, and simmer on the back of the range half an hour ; while warm add a pint of good brandy, and put it away in jars.

Line the pie-plates with the crust or puff paste, add the mince, and put a buttered paper over them ; bake, remove from the oven, and add to the top of each the beaten whites of eggs made as for méringue ; return to the oven a moment to slightly color the top, and serve hot. The top crust being avoided and the under crust not being eaten, much of the terror of mince-pie is removed. Citron, or, in fact, any similar preserved fruits, may be substituted for the orange-peel.

THE BOOK OF ENTRÉES

CONTENTS.

PAGE

REMARKS ON ENTRÉES, . . . 9

ENTRÉES OF SHELL-FISH, ETC.

Crab Croquettes, ... 11
Crab Patties à la Bechamel, . 11
Crabs à l'Americaine, . . . 13
Crabs, Deviled, ... 13
Crayfish, Sauté, on Toast, . . 13
Curry of Lobster, ... 14
Cutlet of Lobster, Tomato Sauce, . 14
Green Turtle Steak, Epicurean, . 15
Lobster Croquettes, with Peas, . 15
Lobsters en Brochette, . . . 16
Oyster and Canned Salmon Pie, . 16
Oyster Patties, ... 16
Oysters à la Poulette, . . . 17
Pie of Oysters and Scallops, . 17
Prawns, Deviled, en Coquille, . 18
Prawns, Sauté, à la Marengo, . 18
Scalloped Oysters, ... 19
Small Patties of Scallops, . . 19
Soft-Shell Clams, Scalloped, . . 19

PAGE

Stewed Lobster, à la Creole, . 20
Stewed Terrapin, ... 21
Vol-au-Vent of Shrimps and Lobsters, 21

ENTRÉES OF POULTRY AND GAME.

Chicken, Braisé, with new Carrots, 23
Chicken Curry, ... 24
Chicken Fricassee, with Mushrooms, 24
Chicken Fricassee, with Peas, . 25
Chicken Hash on Rice Toast, . . 26
Chicken Patties, ... 26
Chicken, Sauté, Sauce Bordelaise, . 27
Curry of Venison, ... 27
Duckling Pot Roast, ... 28
Fried Chicken, Cream Sauce, . 28
Goslings à la Chasseur, . . . 29
Minced Turkey with Poached Egg, 29
Rabbit Curry, ... 30
Reed Birds, à la Clement, . . 31
Salmi of Venison, Port Wine Sauce, 31
Sauce Bordelaise, ... 32
Spring Chicken, Hungarian Style, 32
Squabs, Sauté, à la Marengo, . . 32
Squirrel Pot-Pie, Hunters' Style, 33

ENTRÉES OF SWEETBREADS.

Sweetbread Croquettes with Peas, 35
Sweetbreads à la Milanaise, . . 36

PAGE

Sweetbreads à la Perigord, . . 36
Sweetbreads, Braisé, with Sorrel, . 36
Sweetbreads en Brochette, . . 37
Sweetbreads, Larded, with Peas, . 37
Sweetbreads, Macédoine, . . 38

ENTRÉES OF VEGETABLES . .

Artichokes, Stuffed, . . . 39
Baked Tomatoes, ... 40
Cauliflower, au Parmesan, . . 40
Cauliflower, Tomato Sauce, . . 40
Celery, Braisé, with Gravy, . . 41
Celery Croquettes, ... 41
Field Mushrooms on Toast, . . 41
Kohl-Rabi à la Créme, . . . 42
Macaroni, au Gratin, . . . 43
New Onions' au Gratin, . . . 43
Okra, Stuffed, ... 43
Oyster-Plant, au Gratin, . . . 44
Peppers, Stuffed, ... 44
Potato Croquettes, ... 44
Rice Croquettes, ... 45
Stuffed Tomatoes, ... 45

ENTRÉES OF FISH.

Codfish Tongues, ... 46
Curry of Eels, with Rice, . . 46
Eels en Matelotte, au Gratin, . 47

PAGE

Fillet of Bluefish, au Gratin, . 47
Fillet of Pompano, Cream Sauce, . 47
Fillet of Salmon Trout, . . 48
Fillet of Sole, Sauce Tartare, . . 48
Fresh Sturgeon Steak Marinade, . 49
Frogs' Legs à la Poulette, . . . 49
Frogs' Legs à la Secret, . . . 50
Frogs' Legs, Fried, Sauce Tartare, . 50
Royans à la Vatel, ... 51
Salmon Croquettes, ... 51
Sauce Tartare, ... 52
Shad Roe à la Poulette, . . . 52
Smelts with Tomatoes, au Gratin, . 53
Stewed Eels, German Style, . . 53
Vol-au-Vent of Frogs' Legs, . . 54

ENTRÉES OF BEEF.

Beef, à la Mode, ... 54
Beef, Braisé, à la Macédoine, . . 55
Beef, Braisé, Hungarian Style, . 56
Beef, Braisé, with Young Carrots, . 56
Beefsteak Pie, ... 56
Filet Mignon, Sauce Bordelaise, . 57
Fillet of Beef, Sauce Bearnaise, . 57
Hamburg Steak, ... 57
Roast Sirloin of Beef, Yorkshire Pudding, ... 58

PAGE

Sauce Bearnaise, ... 60
Sauce Bordelaise, ... 61
Tongue with Spatzen, Boiled . . 61
Tripe Lyonnaise, ... 62
Tripe with Clams, à la Poulette, . 62
Tripe with Oysters, ... 63

ENTRÉES OF CALF'S HEAD.

Calf's Head, ... 63
Calf's Head à la Poulette, . . 64
Calf's Head en Tortue, . . 64
Calf's Head, Sauce Vinaigrette, . 66
Calf's Head, Sauce Tartare, . . 66
Calf's Head, Terrapin Style, . 67
Minced Calf's Head, . . . 67

ENTRÉES OF LAMB.

Breast of Lamb, with Peas, . . 68
Epigramme of Lamb, Macédoine, . 69
Fricassee of Lamb, with Peas, . . 69
Lamb Chops, with French Peas, . 70
Lamb Fritters, Tomato Sauce, . . 70
Lamb's Head, Stuffed, . . . 71
Lamb's Tongue on Toast, . . . 71
Tomato Sauce, ... 72

PAGE

ENTRÉES OF MUTTON.

Cold Mutton with Purée of Tomatoes, ... 72
Minced Mutton with Poached Egg, . 73
Mutton Cutlets à la Maintenon, . 73
Plain Mutton Curry, . . . 74

ENTRÉES OF PORK.

Broiled Pork Tenderloin, . . . 76
Tenderloin of Pork with Fried Apples, ... 77

ENTRÉES OF VEAL.

Curry of Veal, ... 77
Epigrammes of Veal, . . . 78
Fricandeau of Veal, . . . 78
Fricassee of Veal with Oyster-Plant, 79
Ragout of Veal, Jardiniere, . . 80
Veal Croquettes with String-Beans, 81
Veal Cutlet à la Provençale, . 81
Veal Cutlet, Broiled, with Sorrel, . 82
Veal Cutlet, German Style, . . 83
Veal Cutlet, Sauté, with Purée of Carrots, ... 83

REMARKS ON ENTRÉES.

Entrées are the middle dishes of the feast, and not the principal course, as many suppose ; they are a series of dainty side dishes, in the preparation of which the cook demonstrates the extent of her capabilities. Should they be prepared in a careless, indifferent manner, they cloy the palate and prevent that much-abused organ from appreciating the more important dishes of the feast. They should not only be nicely prepared, but much care and ingenuity should be shown in the arraying of them on the platter. To prepare palate-pleasing entrées one must study to please the eye quite as much as the palate.

Many of the recipes in this little work may be served at breakfast and at lunch, while the shell-fish entrées will be found most appropriate for Lenten and fast day meals.

ENTRÉES OF SHELL-FISH, ETC.

Crab Croquettes.—Take one pound of crab meat, gently press out the juice and put it in a bowl, with a tablespoonful of fine crumbs, half a teaspoonful of salt, half a saltspoonful of pepper, a dash of anchovy essence, the yolks of two eggs, and a very little cold water. If the eggs are not enough to make it the proper consistency bind the ingredients together and place on ice until wanted ; then work into corks or cone-shaped forms, dip them in beaten egg, then in crumbs, and fry in hot fat.

Crab Patties, à la Bechamel.—Prepare the shells the same as for oyster patties (which see). Put into a saucepan half an ounce of butter, half a medium-sized onion minced, half a pound of minced raw veal, one small carrot shredded; toss about for two minutes to fry but not to color ; add two tablespoonfuls of flour, stir it about with the vegetables, then add three pints of hot water, or if convenient use hot soup-stock instead ; add a pint of boiling cream. Season with half a teaspoonful of salt and a saltspoon-

ful of white pepper. Simmer one hour and strain into a saucepan. Add to each pint of sauce half a wine-glassful of cream. Simmer until reduced enough to coat a spoon ; strain it again into a crock and whisk it until cold, to prevent a thick top from forming. When wanted for patties, or anything else, boil one pint of it with an ounce of butter, whisking it thoroughly. Prepare a quart of solid crab meat, either picked from the shells or purchased already prepared ; add it to a pint of the sauce ; strew in a few shredded mushrooms ; fill the crab-shells with this, and serve. On fast days omit veal and stock from meats, and use milk instead.

[This very excellent sauce was named after the Marquis de Bechamel, a worthless court-lounger and steward under Louis XIV. Why his unsavory memory has been perpetuated by a gastronomic monument of worth, is one of those inexplicable historical facts that students of the art of cookery are continually stumbling upon The close observer will not fail, however, to discover that nearly all dishes named after old French celebrities were stolen bodily from old Venetian and Provencal books of cookery, and were re-baptized after some of the most notorious profligates of the 17th and 18th centuries. Many

of these old cook books, like "Opusculum de Obsoniis de Honesta Voluptate," a volume printed at Venice, 1475 (the first cookery book published), and others, contain recipes almost identical with French cookery of the past few centuries.]

Crabs à l'Americaine.—Pick out the meat from the shells of four dozen boiled hard-shell crabs; squeeze out the water gently; put the meat in a bowl, and add the yolks of two raw eggs, salt, cayenne, and a very little chopped parsley, and two tablespoonfuls of bread crumbs; roll the mixture into small balls or cakes; dip in egg batter, roll in cracker-crumbs and fry to a delicate brown. They may be served plain or with tomato sauce.

Crabs, Deviled.—Pick out the meat of four dozen boiled hard-shell crabs, put it into a bowl and add a half-pint of mayonnaise. Mix carefully with your hand, wash a dozen of the shells, put a little of the mixture into each, grate a loaf of dry bread, season a pint of it with salt and pepper; sprinkle it over the crabs evenly; make twelve little balls of butter about the size of hickory-nuts; put one on top of each crab and bake in a quick oven.

Crayfish, Sauté, on Toast.—Boil the crayfish in the shell and when cold remove the meat from the tail, split it in two lengthwise and re-

move the thread-like intestine. Put in the frying-pan a teaspoonful of butter ; when hot, toss the crayfish in it until slightly brown ; add salt and pepper and a dash of walnut catsup. Just before serving sprinkle over prepared dry toast a very little sherry, then add the crayfish to the toast, and send to table with lemon quartered.

Curry of Lobster.—Remove the meat from two boiled lobsters, cut it into neat pieces, take all green fat and coral and set them aside, mix the green fat with a heaping spoonful of curry powder. Squeeze out the juice of three limes and add to it half a teaspoonful of powdered sugar. Put into a frying-pan an ounce of butter ; when creamed add a teaspoonful of minced onion browned a little ; now add the mixed curry powder, dissolve a teaspoonful of rice flour in cold water, add this to a pint of hot water or soup-stock, simmer until thick, now add the lobster and simmer twenty minutes longer. Wash and dry the coral, separate it. Prepare a border of rice on a dish and over it sprinkle the coral and eggs (if any), pour the curry in the centre, and serve.

Cutlet of Lobster, Tomato Sauce.—Mince the meat of a one-pound can of lobster ; add to it the yolks of two eggs, half a teaspoonful of

salt, a saltspoonful of white pepper, two ounces of butter, and a tablespoonful of grated bread crumbs. Mix and shape the mixture in the form of cutlets; dip them in beaten egg, roll them in crumbs and fry in very hot fat. Stick a two-inch piece of macaroni in the small end, put a fancy paper on it and send to table with tomato sauce. (See page 72 for Tomato Sauce)

Green Turtle Steak, Epicurean.—Raw turtle steaks may be had at any first-class restaurant, and occasionally at the fish-stands. It is not advantageous for small families to purchase whole turtles, or rather tortoises, for soup and steaks. Trim away the thigh-bone, and flatten the meat in the form of a steak. Melt two ounces of butter in a chafing-dish; when very hot, add a teaspoonful of Worcestershire sauce, a tablespoonful of currant jelly, a gill of port wine, and a little salt. Stew the steak in this until tender, and serve from the chafing-dish.

Lobster Croquettes, with Peas.—Boil one-half pint of milk, thicken it with a tablespoonful of flour and let it become cold. Mince the meat of a one-pound can of lobster, or one pound of fresh lobster; when very fine, add a saltspoonful of salt and half a saltspoonful of white pepper. Moisten the lobster mince with

the thickened milk and work the whole to a paste ; add very little bread-crumb if too thin ; let it become amalgamated over the range and place in the ice-box until wanted ; then shape it into neat rolls or cones ; dip them in egg and crumbs and fry in plenty of hot fat. Arrange the forms neatly on a dish, put round them a border of peas, and serve.

Lobsters en Brochette.—Instead of boiling the lobster tails, cut them in pieces, and arrange these on small skewers, alternated with small pieces of bacon ; brush melted butter over them, and either broil or bake them ; serve with *sauce tartare* (which see on page 52).

Oyster and Canned Salmon Pie.—One pound of best canned salmon, one pint of solid oysters, half a pint of oyster liquid ; cover the bottom of the dish with neat pieces of the salmon, season with salt and pepper and an ounce of butter rolled in flour, add a few oysters and so on until the ingredients are used. Pour in the liquid of both, and cover the top with paste. Bake in a moderate oven. There should be liquid enough to have the ingredients moist when served.

Oyster Patties.—Roll out a pound of light puff-paste, half an inch in thickness ; cut it into rounds with a cake-cutter two inches in dia-

meter ; press a small cutter, one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done, remove the center and a little of the inside. Scald or, as it is called, blanch three dozen oysters ; drain. Put into a saucepan two ounces of butter, whisk it to a cream ; add a teaspoonful of flour, stir free from lumps ; add a heaping saltspoonful of salt, and a pepperspoonful of white pepper; whisk into it half a pint each of hot cream and the oyster liquor ; allow it to simmer a few minutes and to thicken ; then add the oysters and a "squeeze" of lemon juice ; when hot fill the shells, and serve. If nutmeg is not objected to, a little may be used.

Oysters à la Poulette.—Blanch [scald] a dozen oysters in their own liquor ; drain them and add to the liquor, salt, half an ounce of butter, the juice of half a lemon, a gill of cream and a teaspoonful of dissolved flour. Beat the yolk of one egg and add to the sauce. Stir until the sauce thickens, place the oysters on a hot dish, pour the sauce over them, add a very little chopped parsley, and serve.

Pie of Oysters and Scallops.— Take one pint of fresh scallops and wash them in cold

water ; drain, and dry them in a napkin. Cut a few slices of fat bacon in strips small enough to insert the ends in a larding-needle ; lard the scallops with them, and dredge them slightly with flour. Select one quart of fat oysters ; line a baking-dish with puff-paste ; add the scallops and oysters in layers ; season with salt, pepper, and a dash of mace. Divide an ounce of butter into little balls, roll them in flour, and put them between the layers ; add the oyster liquor. Cover with a top crust ; bake forty minutes in a moderate oven.

Prawns, Deviled, en Coquille.—Simmer a quart of prawns fifteen minutes in water flavored with a little sharp vinegar, drain and cut them very fine. Add two ounces of butter, a gill of water, salt and pepper, the yolks of two eggs and bread-crumbs to absorb the moisture. Mix to a paste. Partly fill the shells, cover with crumbs, add a small pat of butter to each and bake to a delicate brown.

Prawns, Sauté, à la Marengo.—Wash one pint of "shelled" prawns, simmer them twenty minutes, drain and toss them a moment in a little hot olive oil ; remove them, add a sprig of parsley, half a dozen button mushrooms, a gill of hot water, salt and pepper, and thicken with a little flour. Put the prawns on a dish,

pour the sauce over them, garnish with fried eggs and slices of tomatoes fried.

Scalloped Oysters.—Put in the bottom of a yellow dish two ounces of sweet butter, divided into little pieces. Add a layer of raw oysters and cover them with cracker-dust or bread crumbs and add salt and pepper to taste ; another layer of oysters, and so on, until the dish is full, the last or top layer to be crumbs, and between each layer there should be a small amount of butter. Moisten the ingredients with a liberal quantity of oyster liquid, put small butter balls on top of the dish and bake a delicate brown color. Oysters were formerly baked in a scalloped or shell-shaped dish, hence the name.

Small Patties of Scallops.—Wash a pint of scallops, drain, cut them up, and scald them ; then put them in just milk enough to prevent burning. Add salt and white pepper, simmer until quite tender, and thicken with half a teaspoonful of flour dissolved in cold water. Pour this mixture in small patty-shells (see recipe for Oyster Patties), and serve after the soup and before the fish, or as an entrée.

Soft-Shell Clams, Scalloped.—Purchase a dozen large soft clams in the shell and three dozen opened clams. Ask the dealer to open the first dozen, care being used not to injure

the shells, which are to be used in cooking the clams. Clean the shells well and put two soft clams on each half shell ; add to each a dash of white pepper and half a teaspoonful of minced celery. Cut a slice of fat bacon into the smallest dice, add four of these to each shell, strew over the top a thin layer of cracker dust ; place a pat of table butter on top, and bake in the oven until brown. They are delightful when properly prepared.

Stewed Lobster, à la Creole.—Remove the tail part of the meat from three green lobsters ; split them in two lengthwise ; remove the thread-like intestine. Melt an ounce of butter in a deep frying-pan ; add the lobster ; toss it for a few minutes in the butter, add salt and pepper and half a pint of hot water ; cover and simmer three-quarters of an hour, drain and reduce the water one-half by rapid boiling. Put in a saucepan half an ounce of butter and a tablespoonful of minced onion ; fry brown and add three peeled and sliced tomatoes, one sweet pepper, four okra pods cut small, and half a teaspoonful of salt. Allow these to cook fifteen minutes, add the broth, and simmer until reduced to a pulp ; rub through a sieve, put this purée on a hot dish, place the lobster on top, add a little lemon juice, and serve.

Stewed Terrapin.—Of the numerous ways and styles of preparing terrapin I prefer this one. Select two six-and-a-half to seven-inch terrapins ; plunge them in boiling water for five minutes ; take them out, and, when cool, rub off the skin found on the legs and neck ; remove the under-shell carefully ; next, remove the liver, cut off the gall-bag from it and throw it away, for the bursting of the bag would spoil the whole dish. The other parts to be rejected are the claws, head, and sad-bag ; the remainder should be cut into neat-sized pieces. Put these in a stew-pan or chafing-dish and stew long enough to become tender—about one-half to three-quarters of an hour. Now put in a chafing-dish a pat of butter rolled in a little flour, a dash of cayenne, a gill of sherry, two drops of soy, and a saltspoonful of salt. When hot beat it with a fork, and add the terrapin, and eggs if there are any. The creamy sauce so universally met with consists of a combination of cream, butter, and eggs, which is very nice for those who like that sort of thing.

Vol-au-Vent of Shrimps and Oysters.—This term is applied to a delicate pie made of the lightest kind of puff-paste, which is cut in a round or oval form and baked. It rises a few

inches in the process of baking and is afterward made into a case by scooping out the center, after which it is returned to the oven a few moments to dry the inside. The case thus formed is then filled with a nicely prepared mince, fricassee or compound to suit the taste. For that under consideration, sift one pound of flour, make a hole in the center and add two-thirds of a teaspoonful of salt ; mix gradually with it a gill and a half of ice-water. Before working to a paste add, in very small quantities at a time, a gill more of water. Dredge the rolling-pin and board with flour, and roll out the paste. Wash one pound of butter in ice-water to free it from salt, then squeeze out all moisture ; lay the butter on the paste, flatten it out gently, fold the paste over the butter and pat it evenly to form a square, roll it lightly from you as far as the arms will reach, then fold over one-third and fold the other third over this, roll out again and so on six times, resting a few minutes between each turn. Finally roll it out to an inch in thickness. Place a plate, or any other round or oval form of the size required, upon the paste and cut around it with a plain or fluted knife previously dipped in hot water. Turn the form over on a baking-tin ; brush over the top only with egg. Make

an incision half an inch deep and within an inch of the edge all round the form. Put the form of paste in the oven, and bake three-quarters of an hour. When done remove the cover, which should have risen evenly, scoop out the soft paste in the center, and brush egg over the inside walls and return it to the oven a few minutes longer, when it will be ready to receive the following :

Beat three ounces of floured butter to a cream over a moderate fire. Beat up the yolks of two eggs with half a pint of cream, add salt and pepper, whisk it into the butter, add the juice of half a lemon and set it aside to keep warm. Scald twenty-five oysters a moment and drain them. Take a one-pound can of shrimps, scald and drain them. Arrange them alternately in the prepared vol-au-vent case, pour the sauce over them, and serve.

ENTRÉES OF POULTRY AND GAME.

Chicken Braisé, with New Carrots.—Divide the chicken at the joints, remove the skin and refuse. Mince a small onion quite fine

and fry it brown ; add a gill of gravy and then add the chicken ; toss it about in this a few moments and add a slice of ham or strip of bacon, six young carrots, salt, pepper, and a pinch of powdered herbs ; cover and simmer an hour and a half ; remove the chicken, add half a pint of rich gravy or stock to the dish and a slice of lemon ; simmer half an hour, strain, thicken, and pour over the chicken. Arrange a border of whole young carrots, boiled, around the dish, and serve.

Chicken Curry.—Fine-grained poultry do not make good curry, as the curry powder is unable to permeate the centre of the flesh. A coarse-grained bird will be found the best for this purpose. Boil the chicken in the usual manner, saving the broth. When cold cut it neatly, and rub the curry powder into the meat. Cut up one large sour apple and half an onion, fry these in butter ; add the meat, toss it about a moment, and add half a pint of the chicken broth and a tablespoonful of chutney, simmer until thoroughly amalgamated and serve with rice or shredded maize. A little sugar is an improvement and may thicken the sauce, but I like it without flour.

Chicken Fricassee, with Mushrooms.—Take a dry-picked chicken, separate the joints,

cut each joint into pieces, remove the skin. Put the pieces into a saucepan with one onion, salt and pepper, and a few soup herbs, and water enough to cover them ; simmer gently three-quarters of an hour, remove scum as it arises ; when the chicken is quite tender remove it, strain the liquid. Put into a saucepan an ounce of butter, heat it, and whisk it thoroughly ; thicken a cupful of the broth with a teaspoonful of flour, add it to the butter; do not let it boil, whisk it well, add gradually half the quantity of broth, draw the pan from the fire. Beat up the yolks of two eggs with a little cream, and add it to the remaining warm broth. Now add this to the sauce containing the butter, let stand a moment on back of range while you cut up a dozen button mushrooms, add these to the sauce, now add the chicken, and, when all is quite warm, serve.

Chicken Fricassee, with Peas.—Select a dry-picked young fowl ; cut into joints, remove the skin, rinse in warm water, dip into cold water, drain, and dredge with flour. Put them in a warm saucepan and cover with hot water ; add salt and pepper, a sprig of parsley, and a piece of lemon peel, simmer two hours and remove the chicken. Beat up the yolk of one egg with a gill of cream, add it to the warm sauce.

and whisk thoroughly. Arrange the chicken on a dish, pour the sauce over it, add as a border a quantity of hot, fresh or canned peas, and serve.

Chicken Hash on Rice Toast.—This is an excellent way for using the remains of poultry. Trim the meat from the bones, remove the skin, and cut the meat fine, put in a pan ; add a little water to moisten it, add salt and white pepper. When the water is evaporated, arrange the chicken neatly on rice toast, and if desired a poached egg may be placed on top. Prepare the rice as follows: Boil the rice the night before, pour it into a yellow dish and place it in the ice-box with a weight upon it. The next morning cut it in half-inch slices, brush a little butter over them ; place the slices between the double broiler and toast to a delicate brown ; pour a little melted butter over them, add salt and pepper and the juice of an orange.

Chicken Patties.—Roll out a pound of light puff-paste, half an inch in thickness ; cut it into rounds with a cake-cutter two inches in diameter; press a small cutter, one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done remove the centre and a

little of the inside. Cut up the white meat of a cold chicken into neat small pieces. Put into a saucepan half a pint each of clear chicken broth and cream, one ounce of butter in small pieces that have been rolled in flour, salt and pepper, and a very little nutmeg. Place the saucepan on the range where it will simmer nearly to boiling point ; then remove and let it cool a few minutes ; beat up the yolks of two eggs with a half-teaspoonful of flour moistened with cold milk ; add to the saucepan, and place near the fire until it thickens, then add the chicken ; heat it through ; fill the patty-shells neatly with the mixture, and serve.

Chicken, Sauté, Sauce Bordelaise.—Singe, draw, and disjoint a medium-sized chicken; put into a large frying-pan an ounce of butter, add the chicken, toss the pieces about and turn them so they will cook evenly ; add salt and pepper; allow twenty-five minutes for cooking, then arrange neatly on a hot dish, and serve with a sauce Bordelaise. (*See page* 32.)

Curry of Venison.—Cold roast venison makes a very good breakfast curry, as the meat is invariably tender and very digestible. Put in a frying-pan, in a teaspoonful of butter, half a teaspoonful of dry flour and brown slightly. Add a clove of garlic and a tablespoonful of

minced apple, half a teaspoonful of curry powder, and half a pint of hot water, soup-stock, or venison gravy from the roast of the day before. Simmer and set on the back of the range. Cut the meat in neat pieces, add it to the sauce, and when quite hot send to table. Before serving add the juice of an orange.

Duckling Pot Roast.—This is a very good way to cook this very acceptable bird. Put into a shallow crock a thin strip of bacon and a tablespoonful of mixed whole spice. Clean and truss two ducklings, put them in a crock, and add hot water or soup-stock enough to come up half-way on the birds. Then add a sprig of celery and two of parsley; place a narrow strip of bacon over each bird; cover close and set the crock in a moderate oven, where the birds will cook slowly two hours. Remove the ducklings, strain the sauce, and reduce it one-third by boiling; add a gill of dark wine; thicken with a dash of brown flour; simmer fifteen minutes; add a teaspoonful of lemon juice, and serve with the duck. A small quantity of the sauce may be boiled down until thick as cream—this is called glaze—it is brushed over the bird before serving.

Fried Chicken, Cream Sauce.—Select a spring chicken, clean it nicely, and divide it in-

to four pieces. Put two ounces of butter in a frying-pan, and when hot add the chicken, which should have been seasoned with salt and pepper, and rolled in, or rather dredged with, flour. Fry the chicken to a golden brown; arrange the pieces neatly on a dish, pour the following sauce round them, and serve : Dissolve a tablespoonful of flour in a gill of cold milk, and add to it half a pint of lukewarm milk. Slightly melt an ounce of butter ; add a little salt and pepper ; whisk the milk into the butter, and when thick serve with the chicken.

Goslings à la Chasseur.—Singe the bird clean, and quarter it. Let it stand in a bath, or marinade, of wine and spices four hours, drain, melt a little butter in a pan, and when very hot toss the pieces in it until partly cooked. Add half a pint of hot water, or, if possible, clear soup ; cover and simmer an hour ; add a few spoonfuls of the marinade and a teaspoonful of onion vinegar ; remove the bird, skin off all fat, add a little sherry to the sauce—say about half a gill—thicken the sauce with half a teaspoonful of browned flavor, pour it over the bird, and serve.

Minced Turkey with Poached Egg.—A very appetizing dish is made of cold boiled or roast turkey. Trim off all skin and most of the

fat, especially that on the back ; pick out the little tidbits in the recesses. Cut off all that will not look neat when sliced cold. Season with salt and pepper and a tablespoonful or two of minced celery, chop up the meat, put it in a pan with a little butter or turkey fat, to prevent burning, and just a suspicion of onion. Moisten with a little broth made from the turkey bones. Poach one or two eggs for each person ; arrange the minced meat neatly on slices of buttered toast, place the egg on top, and serve. The above mode of preparing a breakfast-dish is not only economical, but produces one of the most delightful dishes that can be made. Almost any kind of boiled or roast meats and poultry or game can be utilized in this way.

Rabbit Curry.—Select two fine rabbits, cut them into neat pieces, put in an earthen crock a thin slice of bacon, add a few pieces of rabbit, sprinkle over it a little curry powder, salt, fresh grated cocoanut, and a dozen raisins ; put in another layer of rabbit, and season it as the first layer ; repeat until the rabbit is all used, and you have also used the juice and meat of one fresh or half a pound of dry cocoanut. Moisten the whole with a mild Catawba or Rhine wine, let this stand twenty-four hours, then place the crock in a pot of water and let it

simmer two hours, keeping it well covered. When done serve it on a flat dish, and serve rice separately.

Reed Birds à la Clement.—Mr. H. G. Clement, a Philadelphia epicure of no mean repute, prepares reed birds as follows : Remove heads and entrails, and clean the birds nicely, and put a large oyster inside each bird. Select a few good-sized sweet or Irish potatoes ; cut them in two crosswise, dig out part of the insides, and put a bird between the two pieces of each potato ; press together, tie them firmly, and bake thirty minutes. When done, remove the string and re-tie them with neat, narrow, white ribbon or tape.

Salmi of Venison, Port Wine Sauce.—Put in a frying-pan a tablespoonful of butter and a teaspoonful of dry flour ; when brown add a gill of hot water, a clove of garlic, a saltspoonful of salt, a dash of cayenne and enough ground nutmeg to be perceptible to the taste when the sauce is completed. Simmer five minutes and add half a pint of port wine. Strain the sauce and keep it warm. If cold roast venison is to be used, cut it up and add it to the sauce ; if raw venison is to be used, cut it in neat pieces, fry them slightly, then let them simmer in a little stock for half an hour, drain and add to

the sauce. The liquid may be used to form the basis of the sauce if desired. Before serving, squeeze over the dish the juice of an orange.

Sauce Bordelaise.—Put a tablespoonful of chopped white onions into a hot saucepan with a little butter, white pepper and salt, and half a pint of white wine ; reduce it, by boiling, to a quarter of a pint, then add nearly a pint of sauce Espagnole, or dark, thick beef gravy; boil a few moments, add a teaspoonful of chopped parsley and half a tablespoonful of chopped capers ; mix together, and serve.

Spring Chicken, Hungarian Style.—Disjoint a four pound chicken ; put it in a stew-pan with a quart of lukewarm water, half a teaspoonful of salt, a teaspoonful of paprika, a blade of mace, and half a teaspoonful of wet flour ; simmer slowly two hours and a half. Paprika Hungarian red pepper made from the sweet pepper, it is very mild and pleasant to the taste and is highly recommended for dyspeptics or those troubled with a torpid liver. It may be procured from wholesale spice dealers and first-class Hungarian restaurants.

Squabs, Sauté, à la Marengo.—Split the squabs in two and fry them in a little olive oil ; when a good color and nearly done, add a sprig or two of parsley, a pepperspoonful of

pepper and six button mushrooms, sliced ; remove the squabs, add a gill of gravy or soup, thicken with a teaspoonful of flour, and pour it around the squabs, garnish with eggs fried on both sides, and serve.

[Marengo, (Italy), was where the French army, commanded by Bonaparte, attacked the Austrians, June 14th, 1800. His army was retreating, when the arrival of General Desaix turned the fortunes of the day. By a treaty between the Austrian General, Melas, and Bonaparte, signed June 15th, the latter obtained twelve strong fortresses, and became master of Italy. An impromptu dish prepared after the battle, and improved upon by Bonaparte's cook upon his return to Paris, was baptized "à la Marengo."]

Squirrel Pot-pie, Hunters' style.—Skin each squirrel by cutting a slit down the inside of the hind legs first ; loosen the skin down to the tail from the hind quarters, and cut off the tail from the body, but not from the skin. Now take a firm hold of the body with the left hand and draw the skin over the head with the right. Cut the skin free from the nose, and while it is fresh draw it over a wedge-shaped shingle to dry. Remove the heads and entrails, and wash the squirrels in cold water ; drain and quarter

them. Put into an earthen crock two large strips of bacon; add four squirrels quartered. Put in with them half a bay-leaf, a dozen whole pepper-corns bruised, six bruised juniper-berries, two cloves of garlic—or, if they are not at hand, a sliced onion will answer—half a pint of wine vinegar, or a pint of ordinary claret or Rhine wine. Add just water enough to cover the meat, and let all stand forty-eight hours. Cover the crock and put it in a saucepan of warm water, and simmer two hours. Then add a liberal number of dumplings, and, if there is not liquid enough, add a little more hot water to the dish. Simmer half an hour longer, finally add the juice of an orange, and serve.

A squirrel pie is made by preparing the meat in a marinade as above, then par-boiling the whole half an hour and afterwards placing it in an earthen dish with dumplings. A top crust is then added, and the dish is baked in a moderate oven. A pie made of squirrels and oysters is a very appetizing dish.

[I have mentioned such seasoning as naturally harmonizes with the peculiar flavor of squirrel, but individual tastes should be considered when preparing this dish. One of the pleasant culinary recollections of last season was "stewed

squirrel, Hungarian style "—*i. e.*, prepared with the condiment known as Paprika, which is a variety of pepper made from the sweet Spanish pepper. A disputed point in the cooking of squirrel is whether or no the head should be used. Our opinion is that it should not be served when there are ladies at table, as it does not present an appetizing appearance. "Stag parties" prefer it.]

ENTRÉES OF SWEETBREADS.

Sweetbread Croquettes with Peas.—Boil four sweetbreads, chop them very fine and pound them to a paste, season with salt and pepper and add the yolks of two eggs, two ounces of butter and a tablespoonful of cracker crumbs; moisten with a gill of cream, roll into balls or cork-shape forms, dip these in beaten egg; roll in crumbs; repeat the last process and fry in boiling fat. Arrange a border of green peas around them, and serve.

Sweetbreads à la Milanaise.—Clean and par-boil the sweetbreads, then cut them in slices, dip them in melted butter, roll them in grated Parmesan cheese, then dip them in beaten egg, roll in bread-crumbs, and fry in hot fat. Serve with tomato sauce, and garnish with slices of lemon.

Sweetbreads à la Perigord.—Select four fine sweetbreads, prepare them (as per recipe for Sweetbreads, Larded), and lard them if desirable ; strain the sauce, add to it a gill of sauce Espagnole or dark rich gravy, a glass of wine, a can of mushrooms and four large truffles sliced. Simmer the sauce, taste for seasoning, put the sweetbreads on a hot dish, surround them with the sauce, and serve.

Sweetbreads, Braisé, with Sorrel.—Wash four sweetbreads thoroughly, par-boil, and when cool, remove all skin, sinews, and ragged edges. Put into a braising pan a slice of fat bacon, a gill of gravy, a little fresh herbs, salt and pepper, and very little onion ; add the four sweetbreads (which may be larded or not). Cover the pan and simmer an hour ; add a gill of clear soup, and simmer half an hour ; remove the sweetbreads, strain the gravy and simmer it until quite thick ; put the sweet-

breads on a hot dish, pour the sauce over them and surround them with a purée of sorrel.

Sweetbreads en Brochette.—A very good way of serving this most excellent dainty. Small sweetbreads are just as good as the larger ones, and being very much cheaper are recommended for made dishes. Before using them, always par-boil them in hot water a few moments, skin and trim them neatly. Then they are ready for cooking. To cook them "en brochette," cut them in neat slices, which arrange alternately with bacon on a wooden or metal skewer, brush a little butter over them, broil, and serve on toast.

Sweetbreads, Larded, with Peas.—Select six sweetbreads of equal size, wash them well, and par-boil them in water slightly salted ; trim off all the ragged edges, remove the skin and sinews and put them on ice until wanted. Take half a pound of clear, larding pork and cut it into strips three inches long and an eighth of an inch square, insert one at a time, in the larding needle ; firmly press the needle together to hold the strip of pork, and insert the needle in the upper part of each sweetbread, say a quarter of an inch deep, force it through and let it protrude on the opposite side of the surface, within a quarter of an inch of the edge ; draw

the strip of pork through, so as to have nearly half an inch of each end of it sticking out. Proceed in this manner until the surface has two even rows of ends. Put the sweetbreads in a pan, add a pint of well-seasoned soup-stock or gravy, add salt, six whole pepper-corns, a sprig of parsley and soup celery, and a bit of whole mace. Cover, and simmer an hour and a half, remove the sweetbreads, strain the sauce and boil it down one-half ; if not thick, add a little browned flour and a tablespoonful of sherry. Brush part of the thick sauce over the sweetbreads and set them in the oven a moment to brown, then put them on a hot dish, surrounded with green peas, and serve the remainder of the sauce in a boat. Should there not be sauce enough, thin it out with stock or gravy.

Sweetbreads, Macédoine.—Wash, scald, or par-boil two sweetbreads ; trim and skin them; cover with boiling water, slightly salted ; add half a teaspoonful of mixed spices and a tablespoonful of vinegar ; simmer three-quarters of an hour, and drain. Put them on a hot dish, brush a little beef extract or reduced beef or veal soup over them ; arrange a border of macedoine round them, and serve. Macédoine, or prepared mixed vegetables, may be had at the grocer's, is more satisfactory than if prepared

at home, and is all ready to serve after heating a moment.

ENTRÉES OF VEGETABLES.

Artichokes, Stuffed.—Trim and wash four artichokes ; remove the "choke" found in the center ; make a stuffing of bread-crumbs nicely seasoned with a preparation made as follows : Mince half a pound of ham, warm it, and add a dozen canned mushrooms chopped fine, a teaspoonful of chopped parsley, a few blades of chives, salt, and pepper. Add the crumbs, and moisten with clear soup or hot water ; work all to a paste, and fill the artichokes with it. Tie each artichoke neatly ; put them in a pan with a little butter, to prevent burning, and a pint of clear soup ; cover the pan, and let them steam in their own vapors until tender.

The artichoke has been used as a vegetable over 300 years. The flower-heads in their immature state contain the thick, flushy part called artichoke bottoms, which is the part most highly

prized ; the lower parts of the thick, imbricated scales are also eaten.

The blue flower of the artichoke, either fresh or dried, turns milk into an excellent curd for cheese.

Baked Tomatoes.—Cut a thin slice off the top of each of four medium-sized tomatoes, sprinkle over them a little salt, cayenne, and very little cracker-crumbs. Add a small square of butter and bake a delicate brown on top. Tomatoes prepared in this way are very nice for those who dislike the trouble of preparing stuffed tomatoes.

Cauliflower, au Parmesan.—Boil a head of cauliflower, in water slightly salted, fifteen minutes ; while boiling put an ounce of butter, a tablespoonful of flour, and a pint of water into a saucepan ; whisk, and simmer ten minutes ; add half an ounce grated Parmesan cheese, and boil a little longer ; cut the cauliflower into neat pieces, put them in a deep dish, add salt and pepper, and the sauce ; sprinkle over it a thick layer of Parmesan cheese, and finally add a pat of butter ; bake in a quick oven, and send to table in the same dish in which it was cooked.

Cauliflower, Tomato Sauce.—Trim a head of cauliflower neatly, and let it stand in salted water head downwards three-quarters of an

hour. Then put it in slightly salted fast boiling water and boil just long enough for it to be cooked, but not mushy when pressed between the fingers. Test it with a long needle. After twelve minutes' boiling remove the scum that arises or it will discolor the cauliflower. Let it drain a moment. Put in the centre of a dish a liberal quantity of well made hot tomato sauce (which see, page 70), add the cauliflower, and serve as a separate course.

Celery, Braisé, with Gravy. — Take six heads of table celery, trim off the green tops, and cut off most of the root end ; simmer in hot water five minutes ; put them in a stew-pan with enough thick, brown gravy to cover them; add a tablespoonful of sherry, simmer ten minutes, and serve.

Celery Croquettes.—Mince the white part of the celery and mix well with an equal quantity of bread-crumbs ; to a quart of the mixture add the yolk of two eggs, a heaping saltspoonful of salt, and a pinch of cayenne ; moisten with a little milk if the moisture from the celery is not sufficient. Shape in cones, dip in egg and crumbs, and fry in a liberal quantity of fat.

Field Mushrooms on Toast.—In the autumn the field mushrooms may be had in profusion and at low prices. Care should be exercised in

selecting them. Reject very large ones, especially if the under gills be a dead black and have traces of decay, or are worm-eaten. The small, fresh-looking ones with pink ribs are the ones to eat and enjoy. Peel the tops carefully; melt an ounce of butter in the frying-pan and fry in it half a pound of raw minced steak; add two saltspoonfuls of salt, a pinch of cayenne, and a gill of hot water; fry until the juices are extracted from the meat; tilt the pan and squeeze the meat with the back of the spoon until there is nothing left but dry meat, then remove it; add the mushrooms to the liquid, and if there is not enough of it add more butter; toss them about for a moment, and pour out on hot toast.

Kohl-Rabi, à la Créme.—This excellent vegetable is seldom seen on the tables of Americans, as they know but little of its superb qualities. In taste it much resembles the cauliflower. The name is German, and is derived from *kohl*, meaning cabbage, and *rube*, meaning rape. The stem just above the surface of the ground swells into a round, fleshy bulb, in form not unlike the turnip. Peel them as turnips, quarter them and then cut them in thin slices, boil in water slightly salted. Dissolve an ounce of butter, add to it a little flour, salt, nutmeg,

and white pepper to taste. Beat the yolk of one egg, add to it half a pint of milk, and whisk it into the butter ; when thick add the vegetable, and serve. The leaves when tender are boiled and served as spinach.

Macaroni, au gratin.—Break the long stems in two and cover them with water slightly salted, simmer fifteen minutes, drain and put the macaroni in *au gratin* tins. Add a little milk, salt and pepper, and a walnut of butter to each ; then cover with grated Parmesan cheese and bake to a delicate brown.

New Onions, au gratin.—Select onions of uniform size, peel and cut a slice from the top of each. Remove part of the centre of each and chop it fine. Mince half a pound of ham; soak three ounces of bread-crumbs, squeeze out the water from them and add the yolks of two eggs. Mix all together and season with salt and pepper and very little mace. Stuff the onions with this ; cover the top of the onions with grated cheese and bake brown.

Okra, Stuffed.—Select a dozen good-sized but tender okra pods, cut off the pointed ends, and remove the seeds. Beat the yolks of two eggs, season with salt and white pepper, add a tablespoonful of chopped boiled ham, and bread-crumbs enough to thicken the egg. Add

the seeds also. Fill the pods with this mixture, stand them upright in a pan ; add a little water or gravy ; cover the tops with a layer of bread-crumbs and add a layer of grated Parmesan cheese. Divide two ounces of butter in little balls, place them on top and bake to a delicate brown.

Oyster-Plant, au gratin.—Take six stalks of oyster-plant, scrape them and dip them in half vinegar and water as fast as scraped. Cut them in quarters lengthwise, then in inch strips; wash them and boil one hour in slightly salted water. Boil half a pint of milk, add a teaspoonful of dissolved flour to it ; add the vegetable, and put in a small baking-tin ; season with salt and pepper ; strew over the dish a layer of bread-crumbs ; add a little butter and bake to a delicate brown.

Peppers, Stuffed.—Take six green Spanish peppers, cut off the tops, remove the seeds, and make a force-meat of equal parts of minced chicken or veal and soaked bread-crumbs, well seasoned, and bound together with the yolks of two eggs ; fill the peppers with this ; add a little cracker-dust on top, and a small piece of butter to each ; bake twenty minutes.

Potato Croquettes.—Boil six potatoes ; when done peel and mash them ; add two

ounces of butter, a gill of milk, salt, pepper and the yolks of two raw eggs. Dredge a bread-board with flour, roll the potato into very small cork-like shapes ; cut these of equal length, dip them in egg and crumbs and fry to a delicate brown.

Rice Croquettes.—Thoroughly wash half a pint of rice ; boil it in a pint of milk thirty minutes ; whip into the hot rice two ounces of butter, two ounces of sugar, salt, and the yolks of two eggs. If the batter is too stiff add a little more milk. When cold roll it into neat balls, corks or cones, dip them in beaten egg, roll in fine bread- or cracker-crumbs, and fry as you would doughnuts.

Stuffed Tomatoes.—Select six medium-sized tomatoes. Cut a slice from the stem end of each, and scoop out the soft pulp. Mince one small onion, and fry it slightly ; add a gill of hot water, the tomato pulp, and two ounces of cold veal or chicken chopped fine ; simmer and season with salt and pepper. Stir into the pan cracker-dust enough to absorb the moisture ; stuff the tomatoes with this mass, sprinkle dry crumbs over the top ; add a small piece of butter, and bake until slightly browned on top.

ENTRÉES OF FISH.

Codfish-Tongues. — Wash four codfish-tongues thoroughly in cold water ; put them on the range in hot water slightly salted, and boil thirty minutes ; drain ; arrange neatly on a folded napkin placed upon a hot dish ; garnish with parsley and slices of lemon, and send to table with *a white sauce.* Fried like oysters and served with *sauce tartare* they are very good. (See *sauce tartare*, page 52.)

Curry of Eels, with Rice.—Cut into two-inch pieces one medium-sized eel or two small ones ; put them in a saucepan and cover with boiling water ; add a little salt, a piece of lemon peel and a tablespoonful of vinegar ; boil slowly one hour, and drain. Cut up a small onion, and fry it brown in a little butter ; add a pint of the water in which the fish was boiled and a teaspoonful of walnut catsup. Mix together a teaspoonful of flour with a gill of cold water, rub it smooth, and add a teaspoonful of dry curry powder. Mix and add it to the pan, strain and return to the pan ; then add the eels; simmer fifteen minutes, and serve surrounded by a border of boiled rice.

Eels en Matelotte, au gratin.—Cut two pounds of eels into three-inch pieces, and rub the inside with a little salt. Cut one medium-sized onion into small pieces, and fry them in a little melted butter; when brown, add half a pint of broth or water, one bay-leaf, four cloves, six broken pepper-corns, and a gill of claret. Add the eels to this, cover, and simmer three-quarters of an hour. Pour the contents of the pan into a shallow baking-tin, cover them with cracker-crumbs, add a pat of butter to the crumbs, and bake to a light brown.

Fillet of Bluefish, au gratin.—Select a small bluefish, split it in two lengthwise, remove the bone, and cut the fish free from the skin; cut the flesh in strips; spread a layer of nicely seasoned stuffing on each long strip, and roll them. Cover the bottom of a tin with the stuffing, add the fillets of fish, and fill all the spaces between with stuffing. Strew over the top of the dish a layer of bread-crumbs, moistened with melted butter, and bake to a delicate brown. The stuffing may be made of a mixture of minced meat and grated bread nicely seasoned, or bread-crumbs and minced clams or oysters.

Fillet of Pompano, Cream Sauce.—Cut the fish in two lengthwise, remove the bone and

cut the flesh free from the skin; then cut the fish into strips. Rub a little butter, pepper and salt over them, roll and tie them up, put them in a saucepan, add very little water and such spices as are liked. Cover the dish, and allow it to simmer an hour. Take the fish out of the liquid and strain the latter, thicken it with milk containing a little flour, pour it over the fish, squeeze a little lemon juice on top, and serve.

Fillet of Salmon Trout.—Select a medium-sized fish ; split it in two lengthwise ; lay the pieces skin side down, and cut the fish away from the skin ; then cut it in pieces two inches wide crosswise. Lay these in a pan, add water or gravy to prevent burning ; season with salt, pepper, and an ounce of butter to the pound of dressed fish, and bake. When done, put on a hot dish. Make a sauce of the contents of the pan, add a little Rhine wine to it, and pour over the fish.

Fillet of Sole, Sauce Tartare.—The true English sole is seldom used in America, except on extra occasions, when it is imported from England. We use the common flounder as a substitute. Remove the head, fins, tail, and skin from a medium-sized flounder ; lay the fish flat on the table, and with a sharp knife make a deep cut through to the backbone the

whole length of the fish, cut the upper side lengthwise from the bone, now remove the bone from the lower part, and cut the fish into pieces crosswise, each piece to be about two inches in width ; season each piece, roll it up and tie it with strong thread, dredge them in flour and fry in plenty of hot fat (they may be dipped in egg batter and rolled in bread-crumbs if liked) ; remove the thread, arrange them neatly on a hot dish, garnish with parsley, and send to table with *sauce tartare* (which see).

Fresh Sturgeon Steak Marinade.—Take one slice of sturgeon two inches thick ; let it stand in hot water five minutes ; drain ; put it in a bowl and add a gill of vinegar, half a gill of olive oil, half a teaspoonful of salt, a saltspoonful of black pepper, and the juice of half a lemon ; let it stand six hours, turning it occasionally ; drain and dry on a napkin ; dip it in egg ; roll in bread-crumbs, and fry, or rather boil, in very hot fat. Beat up the yolks of two raw eggs, add a teaspoonful of French mustard, and, by degrees, half of the marinade, to make a smooth sauce, which serve with the fish.

Frogs' Legs à la Poulette.—Wash three pairs of "saddles" ; drain and scald them ; simmer an hour in boiled milk. Put into a saucepan two ounces of butter ; when it begins

to melt whisk it, and add the juice of a lemon.

Beat up the yolks of two eggs with two gills of cream containing a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it thickens, but do not boil, or it will curdle. Drain the frogs from the milk, pour the sauce over them, strew a little chopped parsley on top, and serve.

Frogs' Legs à la Secret.—Wash one pound of frogs' legs in cold water slightly salted ; parboil them in boiling water and finish cooking them in boiling milk. Beat two ounces of butter in a saucepan over the fire, add half a teaspoonful of dry flour and a gill of the milk in which the frogs were boiled. Beat the yolks of two eggs with half a wineglassful of sherry, salt, and pepper. Move the saucepan to the back of the range, and when its contents are somewhat cooled whisk in the egg. Keep it warm, but do not let it boil, and add the frogs ; then turn out on a hot dish, and serve.

Frogs' Legs, Fried, Sauce Tartare.—Select three large "saddles" ; wash them and cover them with boiling water for five minutes ; drain and dry them in a napkin. Beat the yolks of two eggs, add a saltspoonful of salt, a pinch of cayenne, three tablespoonfuls of oil, and a dash

of anchovy essence ; beat well and add a teaspoonful of lemon juice ; dip the frogs in this, roll them in grated bread-crumbs, shake off all surplus crumbs, dip them again in the egg, and again roll in the crumbs. Have ready a liberal quantity of hot fat, drop the frogs in it, and fry them a dark brown, and serve, neatly garnished with parsley and slices of lemon. Serve the sauce in a sauce-boat. (See *sauce tartare.*)

Royans à la Vatel.—Royans are of the sardine order, and are more of a lunch relish than an entrée. They may be procured from the leading grocers. Open the can carefully without breaking the fish, turn the contents of the can on a dish, scrape off the skin, arrange them on slices of toast, add the bits of truffles and artichokes found in the tin, and serve with quarters of lemon.

They may be cut into very fine pieces and spread on toast, with a little lemon juice squeezed over them.

[*A la Vatel* refers to Vatel, the celebrated chef to the Prince de Condé. Vatel, driven to despair by the non-arrival of a quantity of fish necessary for a fish dinner to be given to Louis XIV., committed suicide.]

Salmon Croquettes.—Take a one-pound can of salmon, open it neatly, take out the fish and

mince it fine ; add salt and pepper and a tablespoonful of chopped parsley or celery tops ; moisten it with very little water, add a raw egg and a little walnut ketchup, mix thoroughly, put it in a small saucepan, and place the saucepan in another containing hot water. When quite hot, turn it out upon a dish to become cold ; then roll it into cones, dip these in beaten egg seasoned with salt and pepper, roll them in bread-crumbs, drop them into boiling fat, and fry a delicate brown ; drain them a moment, arrange neatly on a hot dish, and serve with or without sauce.

Sauce Tartare.—Take half a pint of mayonnaise, and add to it a tablespoonful of chopped salad herbs, mince a quarter of an onion with a few chopped capers and a teaspoonful of made mustard ; mix all together, and serve.

Shad Roe à la Poulette.—Cover a pair of roes with water slightly salted ; add a tablespoonful of vinegar and a slice of lemon ; simmer thirty minutes and drain ; put into a saucepan an ounce of butter ; when it begins to melt whisk it and add the juice of half a lemon.

Beat up the yolk of one egg with a gill of cream containing half a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it

thickens, but do not boil, or it will curdle. Pour it over the shad roes, strew over the top a trifle of chopped parsley, and serve.

Smelts with Tomatoes, au gratin.— Thoroughly clean six medium-sized smelts, dry them on a towel. Put into a quart baking-tin a layer of grated bread-crumbs, on top of which add a layer of sliced tomatoes (free from skins) ; cover with a light layer of crumbs and season with salt, pepper, and a pat of butter. Now add the fish whole, and strew over them a top layer of crumbs, add salt, pepper, and a liberal allowance of butter ; pour in on one side a small quantity of oyster broth to prevent burning on the bottom, and also to flavor the whole dish ; bake twenty minutes.

Stewed Eels, German Style.—Select two good-sized, properly cleaned eels ; cut them into three-inch pieces ; cover with cold water, slightly salted, for one hour. Put into a saucepan two ounces of butter and a tablespoonful of flour, and stir it around until slightly colored ; add gradually a pint of cold water, a clove of minced garlic, one bay-leaf, a blade of mace, two sage-leaves, six cloves, and a wineglassful of Rhine wine. When warm, add the eels ; cover, and simmer slowly one hour. Remove the eels without breaking the pieces ; strain the

sauce, and if thin boil it down ; pour it over the eels, and serve either hot or cold.

Vol-au-Vent of Frogs' Legs.—Rinse two pounds of medium-sized legs in cold water slightly salted, then par-boil them ; drain, and simmer them in milk three-quarters of an hour ; when done, drain, and remove the bones. Whisk two ounces of butter over the range ; add to it slowly a teaspoonful of flour, salt and pepper, and a dash of nutmeg. Stir in a pint of the milk in which the frogs were boiled ; add the meat, and keep on the range until wanted. Fill the Vol-au-Vent shells just before sending to table. These may be made at home ; but the nearest bakery will furnish you them at a reasonable price, and this will save you much trouble.

ENTRÉES OF BEEF.

Beef à la Mode.—Take three pounds of fresh beef, trim off the fat ; cut half a pound of bacon into long, slender strips, and lard the beef with it. Mix a few cloves, mace, allspice,

peppers, cayenne, tablespoonful of powdered thyme, and two cloves of garlic, with half a pint of malt vinegar. Put the meat into an earthen crock, with a thin slice of bacon under it, add the seasoning and a pint of soup-stock, cover the crock and simmer six hours. When preferred, vegetables may be added, but it is more satisfactory to cook them separately.

Beef, Braisé, à la Macédoine.—Select a five-pound piece of rump of beef, cover it with hot water and simmer two hours. Take it out, put it in the braising-pan with a slice of bacon, an old carrot sliced, an onion quartered, a teaspoonful of salt, six whole peppers, three cloves, and a pinch of thyme. Add half a pint of the water in which it was partly cooked (and save the remainder for soup). Cover, and simmer an hour, and set the joint in the open oven a few moments, while you rub the sauce through the colander, remove surplus fat and boil the sauce down, then pour it over the meat, and serve, surrounded with a liberal quantity of young vegetables cut into fancy shapes, harmoniously blended as to colors, and piled up in dainty tufts alternated with sprigs of parsley or slices of lemon, or both. If it is too much trouble to prepare your own

macédoine you may procure it from any first-class grocer.

Beef, Braisé, Hungarian Style. — Beef cooked with the addition of a liberal quantity of Paprika (which is a red but very mild and excellently flavored pepper) is called Hungarian style. This pepper may be purchased at the Spanish stores and at Hungarian restaurants. Select a five-pound piece of rump of beef, cover it with hot water, and simmer two hours. Take it out, put it in the braising-pan with a slice of bacon, a carrot sliced, an onion quartered, a teaspoonful of salt, three cloves, a pinch of thyme, and a heaping tablespoonful of Paprika. Add half a pint of the water in which it was partly cooked (and save the remainder for soup). Cover, and simmer an hour, and set the joint in the open oven a few moments while you rub the sauce through the colander; remove surplus fat, boil the sauce down, then pour it over the meat, and serve.

Beef, Braisé, with Young Carrots.—Same as *à la Macédoine*, except use carrots instead of macédoine, and serve, surrounded with a liberal quantity of young spring carrots, which are very nice. The young carrots require but little cooking.

Beefsteak Pie.—Select flank or rump steak

for this dish. Cut the meat in two-inch pieces about an inch wide ; season them with salt, white pepper, and minced parsley ; dredge with flour. Wash, peel, and cut in long, thin pieces half the quantity of potatoes. Line a baking-dish with paste ; add one long, thin strip of bacon, then the steak alternated with layers of the potato ; add gravy or broth enough to keep the contents moist ; cover with a top crust, brush a little egg over it, and bake until quite brown on top.

Filet Mignon, Sauce Bordelaise.—Take two pounds of beef tenderloin, cut it into small slices crosswise, and broil them, season them with salt and pepper, arrange them neatly on a dish, pour over them *sauce Bordelaise*, and serve. "Filet Mignon" means a delicate, small, favorite piece of fillet or tenderloin of beef. (See *sauce Bordelaise.*)

Fillet of Beef, Sauce Bearnaise. — Select three pounds of the large end of a beef tenderloin, trim off the fat and tough skin covering the meat, and either lard it or cover with thin strips of salt pork ; add salt and pepper, and bake thirty minutes ; cut it into slices, and serve with *sauce Bearnaise* (which see).

Hamburg Steak.—Take one pound of very finely chopped or scraped round or rump steak.

If you do not care to scrape it free from sinews, ask the butcher to do it for you. Put in a frying-pan an ounce of butter ; add a teaspoonful of minced onion, and fry it a delicate brown. Now shape the steak in a round form about an inch and a half thick, and fry it in the same pan with the onion ; when done add salt and a pinch of cayenne. Meat prepared in this form is always more digestible than solid steak, and the ways of serving it are quite numerous. Some like it raw, highly seasoned with finely-chopped raw onion and parsley, cayenne, salt, and the yolk of a raw egg. Others eat it very rare, and some insist on cooking it almost as dry as chips. In our opinion it is best cooked about "medium," and a poached egg placed on top of it is quite acceptable.

Roast Sirloin of Beef, Yorkshire Pudding.—The sirloin (written also surloin) of beef is the outer or upper part of the loins, covering the kidneys, and separated from the tenderloin by a flat bone. It is known to American housekeepers as porterhouse (the popular steak of the old New York porter and ale houses, hence its name). The cut usually palmed off on New York housekeepers as sirloin is a hip steak or roast, the proper name of which is a rump-cut,

considered by New England people to be one of the best joints.

Select the middle cut of the loin of a good-sized animal, and see to it that the outer fat is at least a quarter of an inch thick ; for if the top covering of fat be thin, and more like gristle than fat, the meat will be found very tough and unpalatable. Trim away most of the inner fat and a part of the flank ; and as the tenderloin is more useful as steaks or an entrée, it is best to cut it out ; also turn the flank under, and if skewers are used, insert them in the flank only. Salt and pepper the whole joint liberally, and dash a little flour over the outer fat. Put it in a pan large enough to hold the joint and a pudding, and when the joint is half done add the pudding. While cooking baste the meat, and if the pudding is too dry baste it also. At the end of an hour and a half an eight-pound joint, if a good thick one, will be cooked ; but, if a thin joint, a much shorter time is required.

To make the Yorkshire pudding : Beat thoroughly five eggs ; add to them a teaspoonful of salt, a pint of milk, and a teaspoonful of lemon juice. Sift together two teaspoonfuls of baking-powder and three half-pints of flour.

Add the egg mixture gradually, and make a stiff batter. Put it in the pan, not under, but beside the beef. [A Yorkshire matron suggests the addition of lemon-juice to correct the too frequent ill-effects of so rich a dish.]

To carve a sirloin of beef, the easiest manner possible is as follows: Remove the bone before sending the joint to table; place the thickest end towards you, and with a firm stroke cut an even slice from one end of the joint to the other. Serve a portion of the pudding on each plate. When the joint is sent to table with the bone in it, cut thin slices down to the flat bone, and then with the sharp point of the knife cut them free from the bone. The dripping in the pan should be freed from most of the fat, and the remainder used for making the thick gravy so familiar to us all.

Sauce Bearnaise.—Reduce a gallon of strong soup to a quart by long boiling, and keep it warm. Beat up the yolks of four eggs, turn them into a buttered saucepan, whisk them, and gradually add a pint of the reduced soup (which is called glaze); add, while whisking, a tablespoonful of vinegar strongly flavored with garlic (or, if liked, a quantity of the juice from bruised garlic or shallots) and the juice of a lemon. After beating the eggs, stir them in

the pan continually with a wooden spoon, and do not let the sauce boil at any time.

Sauce Bordelaise.—Put a tablespoonful of chopped white onions into a hot saucepan with a little butter, white pepper and salt, and half a pint of wine ; reduce it, by boiling, to quarter of a pint, then add half a pint of dark, thick, beef gravy ; boil a few moments, add a teaspoonful of chopped parsley, and half a teaspoonful of chopped capers ; mix gently together, and serve.

Tongue, with Spatzen, Boiled.—Trim off the ragged end of a smoked tongue ; cover it with cold water ; let this come to a boil, then pour off the water, and fill the pot up again with cold water. Let this come to a boil ; then allow it to simmer two hours. When done, remove the skin and useless root-end, and cut it in neat, thin slices. Place them on a hot dish as near the original form as possible ; put round it a high border of well made spatzen, which is prepared as follows : Mix together a pint of flour, half a teaspoonful of salt, and a scant pint of milk. Beat the yolks of two eggs ; add them to the flour and stir the mixture well ; put a part of it on a flat dinner plate, and flake it into a pan of boiling water with a knife, alternately dipped in the pan of hot water ; let the strips

boil until they float on the surface ; then take them out carefully, and drain. Put into a frying-pan an ounce of butter ; when hot, stir into it half a pint of grated bread-crumbs ; toss them about until crisp and brown, and pour them over the spatzen together with the butter not absorbed by them. [Spatzen is a favorite German dish, and it is so good that I marvel much at not meeting with it at our tables A little practice, and our young house-keepers may be able to prepare it *almost* as well as her German cousin.]

Tripe Lyonnaise.—Cut half a pound of cold boiled tripe into neat squares. Put two ounces of butter and a tablespoonful of chopped onion in a frying-pan and fry to a delicate brown ; add to the tripe a teaspoonful of chopped parsley and a little strong vinegar, salt, and cayenne; stir the pan to prevent burning. Cover the bottom of the platter with tomato sauce, add the contents of the pan, and serve.

Tripe with Clams, à la Poulette.—Cut half a pound of honeycomb tripe in inch square pieces ; wash *thoroughly* in water slightly salted; simmer three-quarters of an hour. Boil twenty small clams in half a pint of clam broth for twenty minutes ; strain both and mix the liquids. Beat the yolks of two eggs, add a gill of milk,

a tablespoonful of dissolved flour, salt, and pepper ; when the liquid cools, add the other ingredients. Melt and whisk an ounce of butter ; while doing so add the sauce gradually. When quite hot and thick add the clams and tripe.

Tripe with Oysters.—Tripe, when prepared by a simple process, is very nutritious and easily digested. Cut up half a pound of tripe, wash it well in water slightly salted and simmer three-quarters of an hour. Take it out of the broth, add a little butter rolled in flour, salt, and pepper ; simmer, and add a little more flour : if not thick enough return the tripe, and add a dozen small oysters ; simmer fifteen minutes longer, and serve.

ENTRÉES OF CALF'S HEAD.

Calf's Head.—Ask the butcher to chop the head in two, then remove the brains ; place them in cold water for an hour, drain, and boil them in salted water twenty minutes, and set them one side. Put the head in cold water,

wash it well, let it remain in water one or two hours to draw out the blood ; now cover it with hot water, season with pepper, salt and mace ; boil gently two hours and a half, and serve with cream sauce.

Calf's Head, à la Poulette.—Prepare the head as in the foregoing recipe, and send to table with a sauce prepared as follows : Put into a saucepan two ounces of butter ; when it begins to melt, whisk it.

Beat up the yolks of two eggs with two gills of cream containing a teaspoonful of flour rubbed free from lumps ; whisk this gently into the warm butter ; keep it quite warm until it thickens, but do not boil, or it will curdle. Add the juice of a lemon, pour the sauce over it, strew a little chopped parsley on top, and serve neatly garnished.

Calf's Head, en Tortue.—When prepared according to the formulas laid down in the works of French chefs, this is one of the most elaborate dishes known. We will endeavor to give a recipe that is within the reach of most families. A principal object in view is to make it attractive to the eye by varied garnishments. Trim off all crust from a loaf of sandwich bread, cut it in two, make it as square as possible, and fry one piece in boiling fat ; when

brown, drain. Boil the head and brains separately, and chop the brains very fine. Add to them a teaspoonful of chopped parsley, salt and white pepper, a heaping teaspoonful of bread-crumbs, and the yolk of an egg. Roll them into little cakes. Dip each in egg and crumbs, and fry just before they are wanted. After the head is boiled, remove all bone, skin the tongue, and replace it. Cream two ounces of butter ; add to it a heaping tablespoonful of dissolved flour, whisk it, and add a pint of the liquid in which the head was boiled. Season it with salt and cayenne. Add the pulp of two tomatoes and a glass of sherry ; simmer twenty minutes, and pour in a sauce boat. Cut the head and tongue in pieces about two inches square, put the pieces of fried bread on a dish, arrange the pieces of head round it. Arrange the little brain cakes on top and on the sides of the bread, alternately with hard-boiled eggs quartered. A few hot mushrooms are an improvement, and truffles are also used. A few stoned or stuffed olives tucked in little openings are acceptable. The dish may now be served, but should you have three silver skewers, and arrange on each a red crayfish, or prawn, or the boiled claw of a crab, then a truffle or an olive, and stick these in the bread as top

ornaments. Should you have a bottle of prepared French cockscombs, these should be put on the skewers first. The garnishing is a matter of fancy, and a little practice will make one proficient in it.

Calf's Head, Sauce Vinaigrette.—Ask the butcher to chop the head in two, then remove the brains ; place them in cold water for an hour ; drain, and boil them in salted water twenty minutes, and set them one side. Put the head in cold water, wash it well, let it remain in water one or two hours to draw out the blood ; now cover it with hot water, season with pepper, salt, and mace ; boil gently two hours and a half, and serve with a sauce made as follows : Chop very fine two pickled or fresh button onions, a dozen capers, and half a teaspoonful of chopped parsley. Add to these half a saltspoonful of black pepper, half a teaspoonful of salt, three,tablespoonfuls of vinegar, and five tablespoonfuls of olive oil ; mix, and serve.

Calf's Head, Sauce Tartare.—The calf's head left from the preceding day's dinner and the brains make an excellent breakfast dish. Cut the meat off the head in pieces about the size of oysters ; dip them in egg and batter, and fry in plenty of hot fat. The brains should be well washed, drained, and par-boiled, then

cut in slices and fried. Serve with *sauce tartare.* (See page 52.)

Calf's Head, Terrapin Style.—Cut up a pound of cold, boiled calf's head into small, neat squares, set them one side, and prepare a dressing as follows: Put half a pound of butter in a saucepan, and let it melt. Beat up the yolks of four eggs with a pint of rich cream, and season with salt, cayenne, and nutmeg; whisk the butter, and, while doing so, add the cream and eggs gradually; simmer, but do not let it boil. Take half a pint of sherry, and add to it a teaspoonful of browned flour and half a teaspoonful of India Soy; whisk well, and add gradually to the sauce. Keep it hot until it thickens, and add the calf's head. Mix, and serve in a hot dish. Should the sauce boil it will curdle. The yolks of hard-boiled eggs worked to a paste, then made into little balls to represent terrapin eggs, are recommended if one cares to take the trouble to make them.

Minced Calf's Head.—Cut into strips the fleshy part of one cheek together with the tongue of the calf's head from the preceding day. Cut the strips into very small dice. Put into a saucepan half a pint of rich gravy, warm the minced meat in it, season with a pinch of cayenne, two saltspoonfuls of salt, and a gill of

sherry ; simmer fifteen minutes, stirring frequently to prevent burning ; break into the dish two raw eggs, stir until set, put the meat neatly on slices of toast, and serve.

ENTRÉES OF LAMB.

Breast of Lamb, with Peas.—This part of the lamb is always cheaper than other portions, and not only has this to recommend it, but is readily adaptable to many delicate and palate-pleasing dishes, one of which is the following : Trim off the skin and a part of the fat from the breast of a spring lamb ; cut the meat into squares or triangular pieces ; dredge in flour ; put them into a stew-pan with a small quantity of butter and herb seasonings ; toss them about, and brown them nicely ; add a pint of soup-stock to each pound of meat ; simmer until tender, and skim off all surplus fat. Just before serving, add half a can of French peas, pour out on a hot dish, garnish with large *croutons*, and serve. The tops of asparagus, French beans, etc., may be used instead of peas.

Another good way for preparing breast of lamb is as follows : Cut the meat into pieces as above described ; dip them in beaten egg, roll in cracker-crumbs, and fry in boiling fat ; drain off nicely all surplus fat, place them on a hot dish, pour tomato sauce over them, and serve. They are also very nice when broiled.

Epigramme of Lamb, Macédoine.— Trim the fat and skin off a breast of lamb, put it in a saucepan, add a strip of bacon, a sprig of parsley, a slice of lemon, four whole cloves, six peppers, and a pint of clear soup ; simmer an hour, drain, and save the broth for future use as a sauce. Remove the bones, and place the meat between two plates with a weight on top ; when cold, cut the meat in V-shape pieces, dip them in beaten egg, roll in bread-crumbs, and fry in plenty of boiling fat. Have ready a macédoine of vegetables (assorted vegetables cut in neat forms and boiled), put them in the centre of a dish, arrange the epigrammes around them, and serve.

Fricassee of Lamb, with Peas.—The breast and flap or shoulder of lamb is a most excellent dish served in this form : Cut the meat in neat pieces ; toss them in a very little flour ; put them in a saucepan with just cold water enough to prevent burning ; when it begins to

simmer, cover with hot water ; add salt, white pepper, and the slightest suspicion of mace. Simmer slowly one hour. To two pounds of meat add half a pint of canned peas.

Lamb Chops, with French Peas.—Dainty lamb chops require but a moment to cook, and unless care be taken the cook is liable to dry them up. They should be turned repeatedly to save all the juice, and when done arranged neatly around a mound of peas. Open a can of French peas (purchased from a reliable dealer, who will not palm off on you peas of second-class canners) ; drain off the water ; melt an ounce of butter in a pan, but do not let it become very hot ; then add the peas, salt and white pepper ; shake the pan to prevent burning, and when they are all hot, serve. The great mistake made with canned peas is that many cooks spoil them by allowing them to boil. As they are already cooked, they only require heating to make them palatable.

Lamb Fritters, Tomato Sauce.—When cold roast lamb will not slice nicely, owing to its having been badly carved at the preceding meal, it may be served as fritters. Trim the meat free from the bones, and cut it very fine ; to one pound of this add half a scant teaspoonful of salt, a dash of pepper (red and black mixed)

and the yolks of two eggs; bind together, and shape the mixture into small, thin cakes, dip them in beaten egg, then in cracker-crumbs, repeat the process, and drop them in very hot fat. Serve with tomato sauce (which see).

Lamb's Head, Stuffed.—The head of the house-fed lamb is a choice tid-bit. Wash the head (with the wool on) until quite clean, then scald it, and remove the wool and eyes. Cut out the tongue, remove the brain from the inner side, scald and clean the tongue and cut it fine; wash, scald, and mince the brains; put them in a dish with half a pint of bread-crumbs, salt and pepper to taste; moisten with milk, add a yolk of egg. Stuff the head with this, rub over it a liberal quantity of butter rolled in flour, and bake a rich brown.

Lamb's Tongue on Toast.—A number of excellent dishes can be prepared from the dainty tongue of the lamb, whether it be pickled or fresh. If pickled, blanch it in hot water a moment to draw out its acidity, then plunge into cold water, drain, and cut into thin slices, toss them about in a little butter a moment, cover with gravy nicely seasoned and slightly thickened, and serve on toast. The fresh tongue should be first boiled and then cooked in the gravy whole, if preferred; but they are

more evenly permeated with the gravy if quartered or sliced.

Tomato Sauce.—Open a can of tomatoes that contains but little liquid ; simmer them gently three-quarters of an hour ; season with salt, cayenne, a clove of garlic bruised, and very little mace. Press them through a fine sieve ; put the pulp in a clean, hot stew-pan with a little butter rolled in flour ; stir to prevent burning, and, when quite thick, serve. A most excellent tomato sauce is made of a brilliant red tomato catsup. Take half a pint of it, heat it gently, add a gill of rich soup-stock and a teaspoonful of flour dissolved in a little cold water; simmer until it thickens, and serve. Ordinary catsups do not have the proper color, and are likely to sour when heated.

ENTRÉES OF MUTTON.

Cold Mutton, with Purée of Tomatoes.—Reduce two quarts of fresh tomatoes to a pulp (or purée) ; put half of it in a small buttered pan, slice cold mutton and add it to the dish ;

cover with the remaining purée ; strew over the top salt and pepper and a layer of bread-crumbs ; put in the oven long enough to lightly brown the top.

Minced Mutton, with Poached Egg.—The cold mutton left from a dinner may be converted into a very appetizing dish as follows: Cut the meat into thin slices, and cut these very fine. Melt an ounce of butter in a frying-pan. Cut up a slice of onion, and fry it in the butter; then remove it ; add the meat, a little salt and pepper, and soup or water to moisten it ; when thoroughly warmed through, put spoonfuls of it neatly on toast ; on top of the meat place a poached egg.

Mutton Cutlets à la Maintenon.—[Of the various ways suggested to prepare cutlets after the direction of Madame Maintenon, the following is the best mode for the household.] Fry one small onion in a little butter until a delicate brown, then add half a pint of hot water, salt, a sprig of thyme and parsley, a dozen allspice broken, and three cloves ; put in two cutlets or chops, and simmer half an hour ; drain, and place them between dishes under pressure. When cold, trim them neatly. Boil the sauce down one-half, remove the fat, and add two heaping tablespoonfuls of minced mushrooms,

and a clove of garlic minced very fine ; add just flour enough to take up the moisture, and keep the pan on the range until the mince is firm, then spread it on both sides of the chops or cutlets. Squeeze a little lemon juice over them, and lay them on buttered plain writing paper ; wrap each chop in the paper as neatly as possible, and put them in the oven ten minutes.

[Cutlets à la Maintenon were, it is said, first served to Louis XIV. by direction of Madame Maintenon ; to whom he was married privately about the year 1685. Madame de Maintenon was the daughter of the scapegrace d'Aubigne, and was born in the prison of Niort, Nov. 27th, 1635. Forced by poverty, she married the deformed and sickly Scarron and nursed him until his death. She afterwards met Louis XIV., and, at the age of fifty, married him.]

Plain Mutton Curry.—Cut up half a pound of boiled mutton in neat symmetrical pieces. Chop up quarter of an onion, and fry it with three tablespoonfuls of oil or butter, add the meat, toss it about a few minutes, strew over it half a teaspoonful of curry and add beef broth, gravy or water enough to make a thick sauce ; simmer gently a few minutes, and serve. This is about as simple a mode of preparing the dish as can be proposed. It may be improved upon

by frying a little apple with the onion, in adding more water, and thickening it with browned flour. As many of the recipes recommend rice, as a part of their composition, it is presented for the convenience of the readers. The cardinal point to be gained is to have each grain of rice, distinct and unbruised, but at the same time tender : to accomplish this, a small quantity of rice must be boiled in a large pot or pan, which should be filled with cold water Wash half a pound of rice in several waters. This may be done by placing a colander in a large tin and putting the rice in the colander ; then add cold water, and lift out the colander several times to deposit all grit into the outer tin. Reject all husks and imperfect grains ; flow it in a large pot or saucepan as above mentioned ; add a very liberal quantity of cold water and a little salt, and boil rapidly from twenty to thirty minutes (depending upon the age and variety of rice). Test the grains occasionally and when a slight pressure between the thumb and forefinger will crush them, they are done. If allowed to boil until the grains burst, or if boiled in a small quantity of water, the grains will stick together, which is objectionable. When done, drain off all water, and place the rice near the range

and covered with meat extract, called "glaze," when it will reject all moisture, but will not become hard and dry.

ENTRÉES OF PORK.

Broiled Pork Tenderloin.—Select two fresh pork tenderloins, remove the membranous skin covering them ; put them in a dish, and strew over them a tablespoonful each of minced onion and pickled cucumber, a teaspoonful of salt, a saltspoonful of black pepper, six whole cloves, a dozen allspice, and a leaf of thyme ; cover with half water and vinegar, and let stand over night. The next day, drain, brush over them a little sweet olive oil, dredge them in cracker-crumbs, and broil thoroughly over a charcoal fire. Put in the centre of a dish a mound of hot apple sauce, or, if preferred, a pyramid of fried tomatoes ; add the tenderloin, and serve. They may be cut into short pieces and broiled, but many prefer to see them carved at table. There are innumerable ways of preparing the pork tenderloin, and the ingenuity of the cook should

be brought into play to see in how many various styles they can be made acceptable.

Tenderloin of Pork with Fried Apples.— Cut the thin membranous skin from the tenderloin, and put the latter in a marinade of claret seasoned with whole spice and a few slices of oranges. Let it stand in this four hours ; drain and dry on a cloth, and split in two lengthwise; rub it with butter, and broil until well done. Put in the center of a dish a mound of fried apples ; arrange the meat around it, and serve. The marinade may be boiled down, thickened and served as a sauce, if a sauce is desired.

ENTRÉES OF VEAL.

Curry of Veal.—Cut up one pound of raw veal into inch pieces. Mix a teaspoonful of curry, half a teaspoonful of rice flour, and a saltspoonful of salt together; dip the meat in melted butter or oil, then roll each piece in the powder, and fry it in butter until a delicate brown. Onion may be added or omitted. Mince half a sour apple and fry it with the

meat; add half a pint of soup-stock; simmer half an hour; squeeze over all the juice of half a lemon, mix, and serve.

Epigrammes of Veal.—Take that part of the forequarter of veal which is chopped from the ribs in the preparation of rib chops Trim off the surplus fat. Put the whole piece in a saucepan. and add a sliced onion, a sprig or two of celery tops, salt, and a liberal allowance of whole peppers; cover with hot water or soup-stock, and simmer until the bones can be easily removed, when it will be properly cooked. Place it between two platters, on top of which put a heavy weight, and let it become cold. Strain the sauce to free it from fat, and hold it in reserve. Now cut the veal into neat pieces of equal size; dip them in beaten egg and bread-crumbs, and strew over them a little salt and pepper; dip again in egg, and again roll in crumbs ; have on the range a liberal quantity of fat; when it is smoking hot, add the meat, and fry to a delicate brown. Heat the sauce, and add to it just sherry enough to give it flavor, thicken it with a little brown flour, taste for seasoning, and send to table in a boat.

Fricandeau of Veal.—This (in kitchen French) is veal neatly larded and browned in a

saucepan, or baked. Select a lean, thick piece of meat cut from the thick part of the leg. Insert ribbons of larding pork over the top surface. Put into a shallow saucepan three slices of bacon, six whole black pepper-corns, three cloves, one minced onion, a tablespoonful of chopped green herbs, one carrot sliced, salt, and clear soup or water enough to prevent burning. Add the meat, and cover. Baste occasionally, simmer until tender (allow thirty minutes to the pound), remove the meat, strain the sauce, skim off all fat; now simmer the sauce until thick and brown, and serve both, or pour a little of the sauce over the meat, and set it in the oven a moment to brown the surface.

Fricassee of Veal with Oyster Plant.— Trim off all surplus fat and bone from the breast of veal, and cut the meat into neatly shaped pieces; dredge these with flour, and put them in a saucepan with batter enough to prevent burning. Cover, and let it steam in its own vapors thirty minutes; then add a pint of soup-stock or water, and let it cook slowly. Scrape and cut into narrow strips as much oyster plant as you have meat in bulk; add to it the meat, with salt, a few whole, white peppers, a dash of nutmeg, and a teaspoonful of

grated lemon-peel. Add a little more stock if a liberal quantity of sauce is desired. Cover the dish, and simmer until tender, allowing forty minutes for the vegetables to cook, care being exercised that they are not cooked too much. Remove the pan to the back of the range ; take out a gill of the liquid, and add to it the beaten yolks of three eggs. Pour this over the contents of the saucepan ; let it stand a few minutes longer, and serve. Garnish the dish with slices of lemon, triangular *croutons*, and sprigs of parsley.

Ragout of Veal, Jardiniere.—A ragout is a culinary relish, originally intended to restore to a jaded palate a sense of due appreciation of food. The meat may be cut in pieces or served whole. A piece of the breast of veal is excellent for this purpose. Roll the meat, and tie it, put it in a stew-pan, and add just enough stock or broth to cover it. When it begins to boil, add such vegetables as are required ; season with a part of a blade of mace, a sprig or two of dried herbs, the rind of a lemon, salt, and a small capsicum pod. Simmer two and a half hours ; remove the meat, strain the liquid, and thicken it with a little brown flour ; add a glass of sherry ; pour the gravy over the meat, surround

it with a border of vegetables cut in neat, appetizing forms.

The commonplace ragout is more like a stew, and is usually served with irregular chunks of vegetables, without any thought of pleasing the eye or the palate.

Veal Croquettes with String-Beans.—Chop up two pounds of cold roast veal with two boiled sweet-breads; moisten them with a little clear soup, and bind together with yolks of two eggs; season with a teaspoonful of chopped parsley, salt, and cayenne; roll the mass into cones, dip them in beaten egg, roll in crumbs, dip again in egg, and again roll in crumbs, and fry in hot fat. Arrange neatly on a dish with small ends upright, around them put a border of string-beans boiled and nicely seasoned, and serve.

Veal Cutlet, a la Provencale.—Put into a frying-pan a tablespoonful of the best olive oil, add a clove of garlic, a teaspoonful of chopped shallot, and six raw mushrooms minced; toss them about a moment, and add part of a bay-leaf, a sprig of dry thyme, fifteen pepper-corns slightly bruised, a small bit of mace, half a pint of soup-stock or gravy, and a gill of sherry. Simmer half an hour, remove the garlic, add a gill more of stock, and strain the sauce through

a sieve. Return to the range, and add half a pint of solid tomato pulp; heat through, and just when pouring over the cutlets add a little lemon-juice and salt. The sauce being made, the cutlets may be broiled, fried plain, or sautéed.

Veal Cutlet Broiled, with Sorrel.—Select a cutlet from the thick part of the leg; cut it in two-inch square pieces; beat them a moment; brush over them a little sweet olive oil, and broil over a charcoal fire if possible, as the gas from hard coal toughens the meat. When done, dip the pieces in a mixture of melted butter, lemon-juice, salt, and pepper. Put in the centre of a dish a mound of sorrel purée; arrange the meat around it, and serve. The sorrel is prepared as follows;—Wash two quarts of freshly gathered garden sorrel, remove the midribs or stems; add just water enough to prevent burning (say half a pint), cover, and boil half an hour; drain, and squeeze out all moisture. Fry one-quarter of an onion until brown, dust over it half a teaspoonful of flour; add half a gill of gravy and a square of sugar; add the sorrel; season with salt and pepper; warm it through, and stir it continually. Let this part of the process continue ten minutes, and then rub the sorrel through a fine sieve.

Veal Cutlet, German Style.—German gentlewomen, as a class, are excellent cooks, and are more successful with veal than even our celebrated *chefs*. Their mode of preparing cutlets is as follows ;—Select the cutlets from the leg, divide each slice in pieces about three inches square, and beat them until the meat is almost ready to fall apart. Beat the yolks of eggs thoroughly, and season them with salt and pepper ; dip the pieces of meat in this, then roll them in finely-grated crumbs of home-made bread ; drop them in smoking hot fat, and fry to a dark brown color. Rub a hot side-dish with a clove of garlic, put the cutlets on it, and serve, plain or with sorrel, spinach, or tomato sauce.

Veal Cutlet, Sauté, with Purée of Carrots.—Select a cutlet from the thick part of the leg, beat it with a bat, and brown it in a little hot butter. Boil a dozen, two-inch young carrots for half an hour in water slightly salted; mash them fine, rub them through a seive, and season with salt, pepper, and two ounces of butter. Cover the bottom of a hot dish with the carrot-purée; place the cutlets on top, and serve.

COOKERY FOR INVALIDS

CONTENTS.

PAGE

INTRODUCTORY, ... 7

BROTHS.

Beef Broth, ... 7
Beef Juice, ... 10
Beef Tea for Convalescents, . . 10
Liebig's Extract of Beef, . . 11
Mutton Broth, ... 11
Veal Broth, ... 12
Chicken Broth, ... 12
Scallop Broth, ... 13

GRUELS.

Oatmeal Gruel, ... 14
Cerealine Gruel, ... 15
Rice Gruel, ... 15
Arrow-Root Gruel, ... 15
Barley Gruel, ... 15
Barley Water, ... 15
Rice Water, ... 16

PAGE

TOAST.

Dry Toast, ... 17
Dip Toast, ... 17
Milk Toast, ... 18
Anchovy Toast, ... 18
Clam Toast, ... 18
Marrow-bone Toast, ... 18
Oyster Toast, ... 19
Salmon Toast, ... 19
Tongue Toast, ... 19

DIET DRINKS.

Frappé Champagne, ... 20
Wine Whey, ... 21
Eggnog, ... 21
Sherry and Egg, ... 21

FRUIT DRINKS.

Currant-Jelly Water, ... 22
Currant Water, ... 22
Apple Water, ... 22

MILK.

Skimmed Milk, ... 23
Buttermilk, ... 23
Milk, ... 24

PAGE

FRUITS AS FOOD AND MEDICINE.

EATING BEFORE SLEEPING.

Raw Oysters, ... 28
Oyster Broth, ... 28
Pigs' Feet, ... 29
Stewed Tripe with Oysters, . 29
Boiled Sweetbreads, ... 29
Poached Eggs, ... 29
Boiled Calf's Head, ... 29
Cold Roast Beef, ... 29
Hamburg Steak, ... 30
Raw Meat, ... 30
Venison Steak, ... 30

MISCELLANEOUS.

Calf's-foot Jelly, ... 31
The Hot-Water Cure, ... 31

INTRODUCTORY.

This little handbook is offered to housekeepers, in order that they may readily understand the popular dietetic formulas so universally recommended by physicians, many of whom neglect the details of preparing the nutriment they prescribe, owing probably to the fact that all physicians are not cooks, as many of them were in olden, and all of them should be in modern, times.

An exhaustive work on the subject of dietetics would naturally embrace many things, which, while excellent in certain diseases, would lead to distressing results in others. Care should therefore be exercised not to administer other than the most simple diet until the nature of a disease is known, and even then the habits of the invalid should be taken into consideration.

A nurse must always keep in view the fact that the great desideratum is to administer the most nutritious food in such form that the patient can most easily assimilate it.

One word in regard to patent medicines. The sick-room is not the place for experiments, and we trust the time is not far distant when all so-called remedies and alleged health foods and drinks shall not be permitted to be sold or offered for sale, until they receive the indorsement of responsible boards of health.

The lives that are sacrificed yearly by the administration of soothing (?) syrups and other pernicious nostrums are something terrible to contemplate, and the most stringent laws should be in force regulating their sale; in no case should they be sold without a physician's prescription.

Nurses have been known to purchase these poisonous compounds, and clandestinely administer them to children in their charge, thereby dwarfing their intellects, and, in some instances, actually destroying the lives of the children.

BROTHS.

Beef Broth.—A well-made beef broth contains more nutriment than the old-fashioned beef tea, and is therefore the best of the many nourishing formulas known to the sick-room.

In appearance, also, the broth is far superior to the tea, which is a very important factor in the diet for the sick.

The choicest piece of meat for broth is a neck piece. Chop bone and meat quite small, and see to it that there is about one third bone to two thirds meat. Put into a gallon crock or jar one pound of the meat, and add a quart of cold water; cover the jar with a plate, and place it in a deep saucepan of water. Simmer for four hours, strain into a smaller saucepan, and boil until reduced nearly one half; remove every particle of fat or scum. Now comes the all-important question of seasoning, wherein we are necessarily obliged to consult the fastidious tastes of the invalid. Celery-salt or a stalk of celery allowed to simmer in the broth is acceptable, and the best mode of adding pepper (when

it is allowed) is to let a red-pepper pod remain in the broth for a moment or two. Ground pepper is objectionable for various reasons. Dyspeptic patients are very apt to crave seasonings that cannot be taken with impunity. To serve beef broth, care must be exercised that it is not too hot ; half a cupful at a time is all that should be served.

Beef Juice.—Have the dealer cut a thin slice of rump steak, remove the fat, and singe the outside slightly, then scrape it into shreds with a knife. Warm the beef press by pouring hot water over it, dry it, and with it press out the juice into glass or cup. Place the cup in warm water, and allow the juice to become quite warm, and add a little salt. A warmed lemon-squeezer may be used instead of the press.

Rump steak is recommended because it contains more flavor than other cuts.

Beef Tea for Convalescents.—As the old-fashioned beef tea is sometimes recommended, we give the following recipe for its preparation : Shred half a pound of lean steak, let it stand in a pint of cold water for three quarters of an hour, then put both into a quart champagne bottle. Cut a long slit in the cork before placing it in the bottle. Set the bottle in a saucepan of warm water, simmer one hour and a half,

and strain through a napkin into a goblet. Now add a teaspoonful of finely shredded raw, lean beef, let stand a few moments, add a little salt and serve.

Liebig's Extract of Beef.—This and other extracts are often recommended by physicians.

A singular fact in connection with this extract is that the extract made in Texas by this firm is, in the opinion of some of our leading physicians, worthless as nutriment, while the extract made in South America, by the same company, is highly recommended.

The author, being somewhat surprised that there should be a difference, made inquiries and learned that to the flesh of every two *vacâ* (fat cow) was added a third of the flesh of a *segua*, or mare, in making the extract. These animals feed on esportillo, which is a thin, reed-like grass, said to be very fattening. The extract made in the United States is prepared from beef only.

Is there more nutriment in the flesh of the horse than in that of the cow?

Mutton Broth.—Although mutton possesses a lower degree of nutritive value than beef, it is nevertheless one of the most important of animal foods, being easily digested.

Like beef, the neck part of mutton is most

appropriate for the making of broth. Trim off the surplus fat from the piece of meat, and to a pound of the lean (with bone added) add a quart of cold water ; simmer gently for two hours, strain, and let it become cold. When wanted remove every particle of fat. Put a small quantity of it in a saucepan, and allow it to become quite hot ; salt slightly, and allow a red-pepper pod to remain in it for a moment. Have ready a small quantity of boiled rice, add it to the broth, and let stand a few moments before serving. A very small piece of onion is sometimes added to the meat when first cooked to destroy the peculiar mutton flavor which is so objectionable to many patients.

Veal Broth.—Veal, although less nutritive than either beef or mutton, and less digestive, is sometimes recommended, owing to its having a laxative action. The broth is prepared in a similar way to mutton broth.

Chicken Broth.—"The domestic chicken," says Barthalow, "is a most important article of food for sick and convalescents. The taste is agreeable, the tissues soft and easy of mastication and digestion. Spring chickens are more tender and delicate than the fully developed fowls of four to six months old. Next to the chicken in point of digestibility is the domestic

turkey, and after this the domestic goose and duck." Cut up half a chicken into neat pieces; add a quart of cold water and a small piece of celery; cover and boil slowly for two hours. Then remove all fat carefully, strain, add salt, and serve. If rice is used, boil it with the chicken, and add it half an hour before the chicken is cooked.

Scallop Broth.—The peculiar flavor of scallops is quite atrractive to the convalescent, and a broth made from them is nourishing; but care should be exercised in selecting the shell fish. To improve their appearance, shippers add quantities of salæratus to the scallops, which has the effect of bleaching them and increasing their size; this custom may please the dealers, but not consumers. Select medium-sized scallops of a natural creamy color, wash them, and cut them into small pieces. To a half a pint of these add half a pint of warm water and half a pint of milk, a "pea" of butter, and a pinch of salt; simmer for twenty minutes; strain and serve.

A pint of milk and no water may be used if the patient desires it.

GRUELS.

Oatmeal Gruel. — Oatmeal, in any form should not be given to patients who are suffering from diarrhœal diseases or of irritable mucous membrane. While it is rich in nutriment, it is not always a good food, because it is irritating.

Dr. Mott says that while many are under the impression that oatmeal is a true laxative, it is not properly so. Sift two ounces of oatmeal. Boil a quart and a pint of water, add to it a salt-spoonful of salt; now add gradually the oat-meal, stirring constantly while adding the meal. Boil for one hour, remove to the back of the range until water enough has evaporated to make it of the proper consistency; part milk may be used instead of all water.

This recipe calls for the "old process" mill-ing, which requires much longer cooking than the new preparations now on the market, many of which are advertised as being partly cooked, requiring but a few moments' more cooking to convert them into the most excellent food.

Housekeepers, when preparing oatmeal for delicate stomachs, should ignore the ten, or even twenty-minute, propositions, and cook these preparations at least one hour.

Cerealine Gruel.—Proceed as for oatmeal gruel, and add half a pint of cerealine to a quart of boiling water, slightly salted. Boil for half an hour, and serve with a little sugar. All milk may be used, if desired.

Rice Gruel.—Mix together one tablespoonful of rice-floor, a saltspoonful of salt, and a small cup of cold water. Add the contents of the cup to a pint of boiling water, and boil for twenty minutes. Sugar should be served separately, and, when too thick, add milk until of the proper consistency.

Arrow-Root Gruel.—Take one tablespoonful of arrow-root, a pinch of salt, and half a gill of cold water, stir into half a pint of boiling water, and boil for fifteen minutes.

Barley Gruel.—Take two tablespoonfuls of pearl barley washed in warm water. To a quart and half a pint of cold water add a heaping saltspoonful of salt and the washed barley. Boil for three quarters of an hour ; strain ; add a cake of cut sugar to each gobletful, and twist over the glass a piece of lemon-peel, the oil of which gives a pleasant flavor.

Barley Water.—Wash one ounce of pearl barley in cold water. Drain off the water, and add to a quart and a pint of boiling water the barley, a piece of lemon-peel, and sugar enough

to be just perceptible to the taste ; simmer on back of range until reduced one half, and serve unstrained. Other harmless flavoring ingredients may be used instead of the lemon.

Rice Water.—To a quart and a pint of cold water add two ounces of well-washed rice ; salt slightly, and add two cakes of sugar. Boil in the double saucepan until the rice has dissolved. Flavor with lemon-peel or stick cinnamon.

A palatable jelly is made by straining the liquid, and flavoring it with lemon, wine, or brandy, then poured into moulds and placed on ice.

Alcohol, in any form, should not be allowed patients except under medical advice.

TOAST.

Toast is very palatable and digestible when properly prepared. Many seem to think that they have made toast when they brown the outside of a slice of bread. Have they?

The object in making toast is to evaporate all moisture from the bread, and holding a slice over the fire to singe does not accomplish this; it only warms the moisture, making the inside of the bread doughy and decidedly indigestible. The true way of preparing it is to cut the bread into slices a quarter of an inch thick, trim off all crust, put the slices in a pan or plate, place them in the oven—which must not be too hot—take them out when a delicate brown, and butter at once.

For my own use I dry all home-made bread in this manner.

Dry Toast should be served within the folds of a napkin if you wish to keep it hot; toast-racks allow the heat to escape, and they are not recommended.

Dip Toast.—Prepare the toast as above directed; dip the edges into hot water quickly, and butter at once. This is also called water toast.

Milk Toast.—Wet the pan to be used with cold water, which prevents burning. Melt an ounce of floured butter ; whisk into it a pint of hot milk ; add a little salt ; simmer. Prepare four slices of toast ; put them in a deep dish one at a time ; pour a little of the milk over each, and over the last one pour the remainder of the milk.

Anchovy Toast.—The best way to prepare this appetizing dish is as follows : Toast the bread and trim it neatly, and place it near the range to keep warm ; next prepare a " dip," as for ordinary cream toast ; spread a thin layer of anchovy paste on each slice of bread ; place in a hot, deep dish ; pour the prepared cream over them, and serve.

Clam Toast.—Chop up two dozen small clams into fine pieces ; simmer for thirty minutes in hot water enough to cover them. Beat up the yolks of two eggs ; add a little cayenne and a gill of warmed milk ; dissolve half a teaspoonful of flour in a little cold milk ; simmer all together ; pour over buttered toast, and serve.

Marrow-bone Toast.—Procure two beef shin-bones about six to eight inches long ; cover them with dough, and wrap them in muslin ; pour hot water enough to cover them, and boil

for an hour and a half. Remove cloth and dough ; shake or draw out the marrow with a long-handled fork upon slices of hot toast. Add salt, cayenne, and, if convenient, a little chopped celery, and serve.

Oyster Toast.—Select fifteen plump oysters ; chop them fine, and add salt, pepper, and a suspicion of nutmeg. Beat up the yolks of two eggs with a gill of cream ; whisk this into the simmering oysters. When set, pour the whole over slices of buttered toast.

Salmon Toast.—It very often occurs that a can of salmon is not all used at a meal, and yet there is not quite enough for another meal without other dishes or ingredients added to it. Should this occur, mince the salmon, heat, and season it and serve it on toast. A poached egg added to it is quite acceptable.

Tongue Toast.—A very nice dish is prepared from cold boiled or potted tongue. Slice the tongue, and cut each slice into small, fine pieces ; heat it in a pan with a little butter. To prevent burning, moisten with warm water or clear soup ; add salt and pepper ; stir into it two beaten eggs. When set, arrange neatly on toast.

Dainty bits of roast game, fowl, etc., minced, warmed over, and served on toast are excellent.

DIET DRINKS.

Frappé Champagne renders important service in irritable states of the stomach, especially in sea-sickness, vomiting of pregnancy, yellow-fever, cholera morbus, and cholera. To produce *frappé* champagne quickly, proceed as follows: Put into a metal wine-cooler, or any other metal receptacle, a bottle of dry champagne, surround it with alternate layers of rock salt and cracked ice, place the cooler on the *hot* range, and the rapid melting of the ice will solidify the wine in five minutes; if allowed to remain a longer period the wine will become solid, and refuse to leave its glassy prison.

When we take into consideration the fact that by the old method of revolving the wine in its icy walls, a period of thirty minutes is required to *frappé* it, the above phenomenal method of producing the desired result will be appreciated.

Sparkling wines, as a rule, are more sedative to the stomach, and more intoxicating relatively to their alcoholic strength than still wines.

Sweet champagnes contain a vast quantity of unappropriated sugar. When such wines are

used they produce acid fermentation, and acidity with headache quite naturally follows.

Agents of sweet champagnes wear out their vocal chords telling their patrons to serve wines as cold as possible ; in this way the sugar is not easily detected, and a large sale of particular brands is the result. But let me warn my readers who use champagne that a fine dry champagne is almost ruined by the low temperature at which it is usually served at restaurants, receptions, etc. A very cold champagne is a dangerous tipple for even a healthy stomach, especially near bedtime.

Wine Whey.—Boil a pint of sweet milk and add half a gill of sherry. Let it simmer for fifteen minutes, skim off the curd, add a gill of sherry, and remove curd as it rises. Straining may be necessary to remove the curd entirely. Sweeten.

Eggnog.—Scald half a pint of milk ; when cold add one egg well beaten, two teaspoonfuls of sugar, and a tablespoonful of choice brandy. Shake or beat the mixture with a fork. This formula is only intended for invalids, and is not the recipe used in *cafés*.

Sherry and Egg.—Beat up one egg thoroughly, add a teaspoonful of sugar, and a wine glass full of dry sherry.

FRUIT DRINKS.

Currant-Jelly Water.—Dissolve a teaspoonful of currant-jelly in a goblet of cold water, and add one cake of cut sugar.

Currant Water.—Simmer gently for ten minutes a pint of fresh-picked currants in a quart of water, add a heaping tablespoonful of powdered sugar, and, when cold, strain. There is a little economy in adding the sugar after the juice is strained.

"Out upon the nonsense of taking medicine and nostrums during the currant season! Let it be taught at theological seminaries that the currant is a 'means of grace.' It is a corrective, and that is what average humanity most needs."—*E. P. Roe, in "The Home Acre."*

Apple Water.—Mash two baked apples with a fork, and pour over them a pint of boiling water; when cool strain and sweeten to taste.

A Glass of Cold Water in the morning before breakfast will, in many persons, produce the same effect as mineral waters.

MILK.

Skimmed Milk.—In cases of intestinal disorders skimmed milk is better than pure milk, and in cases of disease, when fats must be omitted, it is very useful.

The milk should stand twenty-four hours in a cool place, and all the cream which has risen should be carefully skimmed off.

Buttermilk.—The author, who is an inveterate smoker, has for years drank buttermilk before retiring, and during the day whenever it can be obtained. He is convinced that it neutralizes the effects of the nicotine from the tobacco. The *Journal of Health* says: "Buttermilk is excellent for weak or delicate stomachs, and far better as a dinner drink than coffee, tea, or water, and, unlike them, does not retard, but rather aids, digestion. A celebrated physician once said that if every one knew the value of buttermilk as a drink, it would be more freely partaken of by persons who drink so excessively of other beverages; and, further, compared its effects upon the system to the clearing out of a cook-stove that has been clogged up with ashes that have sifted through, filling up every crevice and crack, saying that the human system is like

the stove, and collects and gathers refuse matter that can in no way be exterminated from the system so effectually as by drinking buttermilk. It is also a specific remedy for indigestion, soothes and quiets the nerves, and is very somnolent to those who are troubled with sleeplessness.

"Every one who values good health should drink buttermilk every day in warm weather, and let tea, coffee, and water alone. For the benefit of those who are not already aware of it, I may add that in the churning the first process of digestion is gone through, making it one of the easiest and quickest of all things to digest. It makes gastric juice, and contains properties that readily assimilate with it, with little or no wear upon the digestive organs."

Milk, pure and simple, is a natural food, and should enter into the diet of adults as well as children. Lime-water is usually added to milk when the acidity of the stomach causes the latter to be rejected. When lime water is not obtainable, the thorough beating of the milk with a fork will break the oily particles of the milk, causing it to digest more rapidly.

A large glass of milk should not be given to children or persons of weak stomachs, for they are apt to use it immoderately. It should be

drunk in small mouthfuls, and as slowly as possible.

The quaffing of a glass of cold milk on a hot day, without stopping to take breath, is a very dangerous proceeding.

FRUITS AS FOOD AND MEDICINE.

Of all the fruits with which we are blessed, the peach is the most delicious and digestible. There is nothing more palatable, wholesome, and medicinal than good ripe peaches. They should be ripe, but not over-ripe and half-rotten ; and of this kind they may make a part of either meal, or be eaten between meals ; but it is better to make them part of the regular meals. It is a mistaken idea that no fruit should be eaten at breakfast. It would be far better if our people would eat less bacon and grease at breakfast and more fruit. In the morning there is an acrid state of the secretions, and nothing is so well calculated to correct this as cooling sub-acid fruits, such as peaches, apples, etc. Still, some of us have been taught that eating

fruit before breakfast is highly dangerous. However the idea originated, it is certainly a great error, contrary to both reason and fact.

The apple is one of the best of fruits. Baked or stewed apples will generally agree with the most delicate stomach, and are excellent medicine in many cases of sickness. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling, nourishing, and laxative, far superior, in many cases, to the abominable doses of salts and oil usually given in fever and other diseases. Raw apples and dried apples stewed are better for constipation than liver pills.

Oranges are very acceptable to most stomachs, having all the advantages of the acid alluded to; but the orange juice alone should be taken, rejecting the pulp.

The same may be said of lemons, pomegranates, and all that class. Lemonade is the best drink in fevers, and, when thickened with sugar, is better than syrup of squills and other nauseous medicines in many cases of cough.

Tomatoes act on the liver and bowels, and are much more pleasant and safe than blue pills and "liver regulators." The juice should be used alone, rejecting the skins.

The small seeded fruits, such as blackberries, figs, raspberries, currants, and strawberries, may

be classed among the best foods and medicines. The sugar in them is nutritious, the acid is cooling and purifying, and the seeds are laxative.

We would be much the gainers if we would look more to our orchards and gardens for our medicines, and less to our drug-stores. To cure fever or act on the kidneys, no febrifuge or diuretic is superior to watermelon, which may, with very few exceptions, be taken in sickness and health in almost unlimited quantities, not only without injury, but with positive benefit. But in using them, the water or juice should be taken, excluding the pulp, and the melon should be fresh and ripe, but not over-ripe or stale. — *Family Doctor.*

EATING BEFORE SLEEPING.

A general impression prevails that to eat before going to bed is an injurious and altogether an unwise habit. Much depends on the individual habits of persons ; in the case of one accustomed to dine at six o'clock, and whose hour for retiring is nine o'clock, we must admit it would be unwise to partake of food before

sleep. On the other hand, the six-o'clock diner, whose hour for retiring is from midnight to 3 A.M., and whose rising hour is from 8 to 11 A.M., *must* eat before going to bed if he wishes to avoid doctors' bills and sleeplessness. The interval between meals is decidedly too long a period for fasting. Empty stomachs have much to do with insomnia and kindred diseases so prevalent among writers and other brain-workers. The languid, half-rested feeling on rising, and the cross, irritable peevishness of many when spoken to about breakfast are other symptoms of altogether too long a period of fasting. The question of what food is the most suitable to eat before going to bed naturally arises. This must be decided by circumstances. One who has spent the evening in dancing or other exercise, naturally requires something more substantial than one who has spent the evening in a quiet manner.

Raw Oysters thoroughly masticated are easily digested, although weak stomachs should avoid condiments with them, and if the oysters are large, the ligament or muscle should be removed.

Oyster Broth, stew, or soup when prepared with milk is acceptable at late suppers ; but the pernicious habit of many late diners of drinking

cold ale and beer with cooked oysters, is one which the author strongly deprecates.

Pigs' Feet when boiled until tender, then nicely broiled over a charcoal fire, are quite digestible, and, should Bass's ale be served with them, see to it that it has not been on ice, and is free from all evidence of carbonic-acid gas, which is found in the "white label" bottling of Bass, making this particular brand objectionable for night drinking.

Stewed Tripe with Oysters may be eaten at night, and a glass of very light Moselle wine —either still or sparkling—may be served with it.

Boiled Sweetbreads cut into slices and warmed up in a light sauce, or served on toast *en brochette*, are not apt to prevent sleep, or produce indigestion.

Poached Eggs are easily digested, but the soggy toast usually served with them is something to avoid.

Boiled Calf's Head cut into pieces as large as an oyster, then fried as one would fry doughnuts, and served with a *sauce tartare*, is a favorite night dish of the author, as is also shad-roe stewed in cream.

Cold Roast Beef, mutton, lamb, venison, or poultry, served with a dainty salad of watercress, or escarale, and a glass of generous claret,

is not apt to be despised by one who sits up at night writing.

A dainty surprise for the night-worker would be a plate of sandwiches made from thin slices of the breast of a cold roast canvas-back duck. Crisp celery may accompany the dish. Sandwiches made of cold roast beef and venison are very nice.

Hamburg Steak when reduced to a pulp, and served raw, or but slightly singed to give it the appearance of being cooked, is most easily digested. A raw or slightly poached egg may be served with it.

Raw Meat is invariably recommended in cases of debility when an easily digested nutriment is required. A method of treating *diarrhœa*, long practised in Russia, consists in the use of raw meat, beaten in a mortar until all traces of fibre disappear. It is then seasoned to taste, and served in the form of sandwich. Fruit jelly is sometimes added to disguise the flavor of the meat.

Venison Steak cooked in a chafing-dish, or nicely broiled over a *charcoal* fire, is unquestionably one of the best of meats to eat late at night. While it does not possess the same nutritive value found in beef, it is more easily and quickly digested.

MISCELLANEOUS.

My only serious objection to late suppers is that, unless caution is exercised, one is apt to disarrange the stomach by drinking too much cold liquid, thereby preventing the food from digesting. A Welsh rarebit, in itself, is not so terrible a nightmare-producer as it has been often painted; but when washed down with iced drinks it becomes a leathery mass of the most indigestible character.

Deviled bones, chickens, kidneys, etc., when eaten late at night are apt to convince one who does not possess the digestive powers of an ostrich, that the name "Deviled" is peculiarly appropriate; in fact, they are dyspepsia-breeding companions to fried oysters, iced tea, and heavy salads.

In conclusion I will state that each individual must be his own adviser as to what should be eaten late at night; he should know by experience what dishes agree with him, and not rely upon dogmatic health theories, which are at best confusing to the very people they are intended to benefit.

Calf's-foot Jelly.—The trouble and expense of preparing calf's-foot jelly at home is too

great. It is therefore advisable to purchase it from the grocer or from caterers.

The Hot-Water Cure.—Much has been written for and against this new remedial agent, and, in the opinion of the author, the "fors" have the best of it. A goblet of hot water in the morning is beneficial to those who dine late the night before. Care must be exercised that the water is drawn fresh from the faucet, brought to boiling point, then served.

Many are apt to serve hot water that has stood on the range over-night, the effect of which is one of nausea.

PRACTICAL CARVING

PREFACE.

From my earliest recollection, I was taught to consider a thorough knowledge of the art of carving an important part of my education; and the memories of my early struggles to master the art are vividly before me.

The patience that was exhausted upon me, while training my youthful hands to hold the knife properly, was certainly not appreciated by me at the time.

I could not see why it was important that my thumb, instead of the forefinger, should be placed on the back of the knife, when the latter way seemed more easy. Neither did I realize it to be an accomplishment to be able to carve with the left hand equally as well as with the right.

Now that I have arrived at a more mature age, I see and appreciate the importance of these things that seemed but trifles to me when I was young. I had often heard my father say that a young man's education was incomplete without a knowledge of carving, and his sons had every reason to believe he was serious in what he said.

CONTENTS.

PAGE

THE CARVING-KNIFE . . 9

TO STAND OR SIT WHILE CARVING 11

BEEF.

ROAST RIBS OF BEEF. HOW TO HOLD THE KNIFE 12

SIRLOIN OF BEEF 13

TENDERLOIN OF BEEF 14

CHUCK-RIB ROAST 14

MISCELLANEOUS ROASTING PIECES . 14

PORTER-HOUSE STEAK 14

BEEF TONGUE 15

MUTTON AND LAMB.

LEG OF MUTTON 16

SHOULDER OF MUTTON 16

SADDLE OF MUTTON 17

SADDLE OF LAMB 18

LEG OF LAMB 18

FORE-QUARTER OF LAMB 19

LAMB'S TONGUE 19

VEAL. PAGE

Leg of Veal 20
Fillet of Veal 20
Shoulder of Veal 21
Loin of Veal 21
Calf's Tongue 22

PORK.

Sucking Pig 22
Leg of Pork 22
Ham 23

POULTRY AND GAME.

Domestic Duck 24
Goose 25
Canvas-back Duck 26
Red-head Duck 27
Teal Duck 27
Spring Chicken. How to Select and how to Carve 27
Boiled Capon 28
Roast Turkey 29
Squab 30
English Pheasant 31
Prairie Chicken 31

FISH 32

SERVING SAUCES WITH MEATS . 33

REMARKS ON BONING MEAT . 33

PRACTICAL CARVING.

THE CARVING-KNIFE.

In the stone age, when the savage tried his best to carve with a dull stone knife, he doubtless swore mentally; and while we have advanced to a marked degree beyond the savage and his food, and his implements for dividing that food, his barbaric trait of mental swearing is still with us, and will probably remain with us until the end of time, or until our servants realize that the carving-knife was not a tool originally intended by the head of the family for dissecting kindling-wood or peeling potatoes.

Is there any thing more exasperating to a carver, at the announcement of dinner, than to find that his pet knife, which had been sharpened by an expert the day before, had that very day been used by some one to cut wire or equally hard substance?

Flashes of wit and humor may abound until the moment of carving arrives, and the jolliest family party that ever gathered around the mahogany will be enveloped in gloom by the efforts of a carver at work with a dull knife.

The grim, contorted face plainly indicates his feelings of discomfort and mental suffering. To you who are responsible for that dull knife, we would say, do you imagine the carver enjoys his task, or will enjoy his dinner?

Who does not think, with us, that a dull knife is a thing of terror? It certainly breeds dyspepsia; it makes delicious viands unsavory; and many a family quarrel has emanated from it.

After the carving-tools have been used, they should be thoroughly cleaned, and the knives should be sharpened and well rubbed with a woollen cloth on which a little olive oil has been poured, when they should be wrapped in chamois and put away under lock and key.

Knife Grinding. — Hold the knife perfectly flat against the stone, so that the blade evenly traverses the stone from point to handle. In no other way will the knife retain its edge. To spoil the knife completely, put a rounding edge on the knife.

To Steel the Knife. — The instructions issued by Curley Brothers for sharpening a carv-

ing-knife are so complete, that we take the liberty of embodying them in this work.

"A carver must be held at an angle of twenty to twenty-five degrees on the steel.

"Be careful to have the angle same on both sides, so as to sharpen instead of dulling the knife.

"Draw it on the steel from heel to point against the edge; only a very slight pressure required."

TO STAND OR SIT WHILE CARVING.

The height of chair and table has much to do with the question, To stand or sit while carving.

It is exceedingly awkward to carve when sitting in a low chair before a high table.

In this position one cannot divide the parts in neat and appetizing forms. Small dishes such as steaks, and all birds, from the cock-sparrow to the princely canvas-back, are of course carved sitting.

The carver's chair should be cushioned enough to bring the elbow of the carver almost on a line with the table.

It is a good rule to follow, that the seat of the carver's chair should not be more than twelve inches below the level of the table, as a lower seat forces the arms into an unskilful position.

BEEF.

Roast Ribs of Beef. *How to hold the Knife.* — There are two ways of carving roast beef, and the rules will equally apply to the rib roast or the sirloin roast.

First, Place the ribs on the platter with the thickest part towards you, and with the crisp, brown, fat surface up; and trim off all burnt pieces, and all the small pieces of backbone overlooked by the dealer. Insert the fork in the centre of the joint, midway between the ends and right and left sides; cut off two slices from the right-hand side, and reserve them for those who desire "well-done" beef. Now run the point of the knife along the whole length of the rib, parallel with it, and immediately next to it, and make a cut an inch deep over the rib. Hold the knife gracefully, but firmly, and with *thumb extended over the back of the knife, instead of the forefinger,* and cut thin slices down to the bone, when they will fall on the platter in neat, whole slices.

With the finger extended over the back of the knife, you do not have the same control over the knife as when the thumb is extended; and

you cannot, therefore, cut a slice that will be of equal thickness throughout. When carving small pieces of meat, game, etc., this rule is not imperative.

Second, Place the meat on the platter, as described in the foregoing, and trim it; turn it on end, with the thickest part towards you, and the crisp, brown skin, or rather fat, to your right. Insert the fork between the ribs, which are now to the left, and carve towards the left. The object gained in this mode of carving is that the juices remain in the meat instead of running out and on to the platter; and in this way the slices contain their full quota of juice, and are therefore more desirable.

Sirloin of Beef. — This joint of beef may be placed on the platter after the modes described in "roast beef." The thickest end is placed towards you, and the black and burnt outside neatly trimmed. Then run the point of the knife along the flat bone at the right, and cut in about an inch deep; then cut slices from the right side. Should the flank be too large, it is best and more economical to cut it off in one piece. The tenderloin, when not intended to be served cold, should be cut out, and each guest receive a small slice of it in addition to the sirloin. They appreciate tenderloin, and your servants might not.

Tenderloin of Beef. — Request the dealer to remove the thin membraneous sack enveloping the meat, and either lard the latter by the aid of a larding needle, or cover it with a long thin piece of larding pork. When cooked, place it on the platter, and carve across the loin, beginning at the thickest end, which should be to the right. The slices should be about twice as thick as slices of roast beef. A good gravy or sauce should accompany tenderloin, as it is a somewhat dry meat, having but little flavor of its own, tenderness being its only recommendation.

Chuck-rib Roast. — Notwithstanding the fact that this piece of beef is much cheaper than other rib cuts, it is usually avoided by housekeepers, who find it troublesome and unsatisfactory to carve. Remove the blade bone before roasting. After roasting, cut the piece of shoulder meat free from the thick, juicy part, place it on a separate plate, and carve it across the grain ; serve a slice of it with each slice of the choice part ; and, by pouring over it a little of the "dish gravy," it becomes quite presentable.

Miscellaneous Roasting Pieces of Beef, such as the rump, aitchbone, round, and rolled meat, should be carved *across the grain.*

Porter-house Steak. — Trim off all surplus fat, which is apt to burn while cooking, and

make an unnecessary amount of smoke. Examine the thickest end, and carefully remove minute particles of bone which may adhere to the steak and produce inflammation of the intestines, when swallowed. Do not remove the bone which separates the sirloin from the tenderloin, as it keeps the steak in shape ; after broiling the steak, add to it a walnut of the best table butter, salt, and white pepper ; place it on the table, and separate both pieces of meat from the bone. Divide the tenderloin into as many pieces as there are guests. Cut the sirloin into strips an inch and a half wide, and across the grain, and serve to each guest a piece of each.

Beef Tongue. — From an economical point of view, it is best to serve the tip of the tongue first, as it will dry up quickly and become indigestible if allowed to stand a few days. Trim off the ragged, thick end, and remove the little bones found therein ; cut a two-inch piece from the tip of the tongue, and slice it as thin as possible.

MUTTON AND LAMB.

Leg of Mutton. — The leading silversmiths make a shank-holder which is more useful to the carver of a leg of mutton than the fork; and, when one of these is not at hand, white paper wrapped around the bone may be substituted. Cut from outer side of the leg of mutton, and lengthwise of the leg, a good-sized slice; this prevents the leg from moving about the dish whenever touched, and brings the inner or thickest part of the mutton conveniently before the carver. Hold the shank firmly, and cut into the centre of the leg to the bone. The first two slices should be slightly wedge-shaped, and should be served to those who really appreciate the "Pope's eye" of mutton. Slice from the thickest part before carving from the lower part, and with each slice a thin slice of fat should be served.

The wise carver serves the toothsome bit known as the knuckle to himself. We think he deserves this nugget of sweetness.

Shoulder of Mutton. — The blade is a "bone of contention" to the beginner in carving. Its mission seems to be the trying of one's

patience, and the destruction of the carver's appetite. I advise my readers, who cannot successfully carve this joint, to ask the butcher to give them a few lessons in boning it; after which they will have little trouble to carve it, knowing the location of the bones. Turn the shoulder on its edge, with the outside or upper part towards you, and cut slices from the top edge; the first slices which are cut from the top are nearly all fat, and are placed one side, and pieces of them served with the lean. Now cut slices from the part above the knuckle, and down to it, until the bones are exposed. Then place the joint flat on the dish, and slice from both sides of the blade-bone ridge; then remove the blade-bone, and cut the remainder of the joint across the grain.

Saddle of Mutton. — Trim off all surplus flank and fat, as it is only in the carver's way, and seldom, if ever, eaten by the guests. Press the sides well in, and wind a string around the joint, to hold it in good form. After roasting, place it on the table, with the tail end to the left.

As to how the joint should be carved, is a question decided by the number of guests and the host's idea of economy. The economical host will carve thus: Make a long deep cut parallel with the backbone, and cut away one

side of the loin in one whole piece, but let it remain in place, and cut slices across the grain, beginning at the right. Carve the other side of the loin in the same manner. If the tenderloin is wanted, turn the joint, and cut it out entire.

When the question of economy "has nothing to do with the case," the mode of carving is as follows: Make a deep cut the whole length, and parallel with the backbone, and cut long, even one-eighth-inch slices with the grain; then divide each slice into pieces not over five inches long. The carving must be done quickly, as the fat cools rapidly, in which condition it cloys on the palate.

Saddle of Lamb. — This joint is the choicest of spring meats. It comes to us at a season of the year when game of all kinds is in poor condition (even if allowed to be sold), and for private dinner parties we know of no dish that equals it. The rules for carving it are the same as those for carving the loin of mutton.

Leg of Lamb. — By this term we mean a leg having the loin attached, and called a hind-quarter, which is the cut generally sold in New York. When the family is small, cut off the loin and use it for chops, and roast the leg, which is carved much the same as a leg of mutton. It being very tender, one part of it is no more

choice than another; and the only care to be exercised is to keep in mind that cold lamb is the daintiest of cold meats. The joint should therefore be carved in as neat a manner as possible, to have a presentable cold joint for the following meal.

Fore-Quarter of Lamb. — From the fore-quarter of lamb only do we obtain those delightful little chops, and a few of them should invariably be cut from the joint before it is roasted. The breast, or brisket, is another part of the joint from which an excellent dish is made.

After roasting, place the joint on the platter, and with the breast towards you. The first cut should be the removal of the shoulder, with the blade-bone attached; and each guest should receive a dainty rib, a piece of the brisket, or, if preferred, a slice from the shoulder.

Lamb's Tongue. — These tidbits are invariably served whole; but they look more appetizing when cut in two *lengthwise*, and each half temptingly arranged on a crisp leaf of lettuce, with quarters of lemon on the sides of the dish.

VEAL.

Leg of Veal. — Aside from the excellent soups and sauces made from veal, the toothsome kidney, delicious sweetbreads, and the head, Americans are not, as a class, fond of veal; and a whole leg of veal is seldom seen upon their tables. It is a profitable joint, however, for large families, and from it may be cut the cutlets for the cooking of which the Germans hold the secret. After the leg is cooked, delightful croquettes may be made from that which is left after dinner. The carving of a leg of veal is a simple matter, after the hip-bone has been removed, which should be done before the leg is cooked. Place the leg on a large platter, the thicker end to the right, and the shank to the left. Carve slices from the thickest side of the leg-bone first, and then from the other side, to keep the face of the joint as even as possible.

I have seen carvers carve this joint the same as recommended for the carving of a leg of mutton; but too much waste was the usual result.

Fillet of Veal is a long strip of veal cut from the leg. It is the best part of the leg, in

fact. This is larded with either bacon or salt pork, and cooked and served the same as fillet of beef. To carve, place the thickest end to the right, and cut across the grain.

Shoulder of Veal. — This joint being much larger than a shoulder of mutton, I have found it more convenient to cut off the fore-leg and the blade from the ribs, which, if the breast or brisket is not removed, will be too long. They should be chopped in two before being cooked.

When the butcher neglects to separate the ribs with the cleaver, cut the meat clean from the bone, and save the bones for soup meat. If instinct will not tell the carver which way to carve the meat after it is cut from the bone, books cannot.

Loin of Veal. — A loin of veal is that part of the animal between the hip-bone and ribs. It covers the tenderloin and kidneys, and does not have ribs as declared in a recent publication.

To carve, place the joint with the thickest part towards you. Make one long cut along the backbone, separate meat from bone entirely, and send the bone from the table. Carve the meat across the grain, from flank to loin.

A small loin of veal should have the backbone separated into three-quarter-inch pieces.

When carved, a piece of bone will be attached to each piece of meat.

Calf's Tongue, either fresh or pickled, should be cut in three pieces, lengthwise.

PORK.

Sucking Pig. — This is one of the easiest dishes to carve; and yet, out of two hundred gentlemen who were on a picnic, but one of them felt competent to carve a roast pig. Send the pig to table *whole*, with the head to the right-hand, and tail to the left-hand side. First cut off the head, and split it in two. Split the body down the back, and place the parts on the dish, crackling side up.

Cut off the fore-legs, with blade attached; next cut off the hind-quarters, and divide the ribs, arranging the meat as neatly as possible on the dish. Serve a little stuffing to each guest.

A dish of small baked apples is more presentable than apple sauce.

Leg of Pork. — This is the only leg of a domestic animal which I think is improved by boning and stuffing.

Select a leg weighing not over five pounds, stuff it, and score the rind in diamonds; place it

in a pan, and dredge it with salt; place a paper over it to prevent the crackling from burning; let this remain for half an hour, then remove, and cook the joint for one and a half hours longer in a not too hot oven.

One word to those who advocate basting this joint. When the fire is too hot, the rind is very apt to burn, and then it may be slightly basted; but otherwise do not baste it, if you love crisp crackling. Should the joint receive the amount of basting recommended by some writers, a gummy rind will be the result, which nothing short of the stomach of an ostrich could digest.

To carve a Ham. — Much depends on how the ham is to be used. A family desiring fried or broiled ham should split the ham lengthwise, and then cut thin, even slices across the grain. The half with the bone in it may be boiled or baked, if the family is a small one. When a whole ham appears on the table, the cook should see to it that its appearance is improved as much as possible. It should be neatly trimmed round the edges, and the fat should be free from rust. The rind, if left on, should be scalloped at the broad end in a neat manner. To carve a whole ham, make an incision in the thickest part of the ham down to the bone, and work towards

the large end. The knife used for carving a ham should be very thin and very sharp, or the slices will be uneven, — a very objectionable feature.

POULTRY AND GAME.

The Domestic Duck. — The novice in carving quickly discovers that the domestic duck is the most exasperating fowl he has to contend with.

Twist the wings under the duck, and truss the legs close to the body and under the vent. In this way they are out of the way.

After roasting, place it on the platter, with the tail towards you, and the head from you.

The usual instructions are to "insert the fork firmly across the ridge of the breast;" but, when this is done, the tines make two unsightly grooves in four slices of the best part of the duck (two on each side of the ridge).

The author finds it easier to insert the fork in the left side, close down to the backbone, the ends of the tines penetrating the back to secure a firm hold.

First, cut three thin slices from the right side of the breast, holding the knife almost flat against the breast. Now cut off the wing, which

is only in the way, and contains "poor pickin's." Continue carving the breast until the wish-bone prevents further progress; then carve the other side in the same manner. The carver may change the position of the fork if he desires, but old carvers do not do so. After carving the breast, and having removed the wings, separate the wish-bone, or merry-thought, from the breast-bone; free it from the shoulders, which is a somewhat troublesome operation for beginners. The legs may be removed, if there is not breast enough for all; but they are not a particularly dainty cut, and most carvers leave them for the servants.

The best rule for the inexperienced carver to follow is to carve the breast in the best manner possible, and omit carving or trying to separate the joints, as there is but little to be gained.

To carve a Goose. — Much of the foregoing instructions for carving a duck apply to the goose. The breast is the choice part, and the joints are difficult to find and separate.

Cut the slices from the breast quite thin, holding the knife quite flat against the bird, as otherwise one is very apt to cut uneven slices.

The stuffing is so thoroughly soaked with goose grease, that it should not be served to any one but "day-laborers."

To carve a Canvas-back Duck. — Half a duck is considered a portion, and each guest is supposed to receive half of the plump, juicy flesh of the breast. This is the rule at banquets and at club dinners.

For private families, however, the author recommends that the breast be divided into four pieces, as otherwise the dinner would be too expensive for the average household.

To carve, place the duck on the platter, breast up, and head from you. Insert the fork through the centre of the wish-bone, or merry-thought; press firmly on the fork, which inclines slightly from you, so that the points of the fork are firmly imbedded in the back.

The position of the hand on the fork is the reverse of the ordinary manner of holding it; that is, the thumb extends towards the end of the handle. In this way a very firm grip is obtained, and the fork is out of the way of the knife. If the fork pierces the centre of the breast, it prevents the knife from working close to the breast-bone ridge, where lies a most toothsome morsel. Make the first cut along the right-hand side of the ridge, keeping very close to it, and cut down to the flat breast-bone; follow this, and free the meat from the lower part of the breast, and work up to the shoulder, and around

that side of the wish-bone. Turn the meat over with the knife, exposing the shoulder joint; separate it here, and serve. While this may appear complicated to some, it is but the work of a moment. Carve the left side in the same manner.

Red-head Duck. — Many claim there is but a slight difference between this duck and the foregoing, and that it is almost impossible to discover this difference.

Aside from the difference in flavor of the flesh, and shape and color of head and bill, there is a vast difference between these birds; and the close observing carver cannot be deceived. The red-head is carved, however, in the same manner as the canvas-back.

Teal Duck. — Select a blue-wing instead of a green-wing teal. This duck should be split in two lengthwise before it is sent to table.

Spring Chicken. — To know when a broiler is fat and juicy, one should examine the back-bone. The greater the amount of fat along the vertebræ, the fatter will be the chicken in all other parts of the body. Should the wattles and comb look dull, dingy, or of a leaden color, the bird should be rejected, as sickness is thereby indicated. A roasted chicken is placed on table with the head from you; the first cut is a

slight one on the right breast down to the wing; and, without lifting the knife, the latter is removed. Next the leg is cut off. Third, cut away the wing and leg of left side. Fourth, cut the breast in two by separating it from the back; turn the breast, and split it in two from the inside.

A large chicken is carved much the same as a turkey or capon, which see.

Boiled Capon. — A capon is at its best boiled; but, as with nearly all boiled fowls, a very sharp knife is necessary in carving the breast. A dull knife will tear the flesh, and produce unsightly slices.

Truss the fowl with twine instead of skewers, and, when cooked, place it on the platter, tail towards you, and head from you.

Insert the fork well forward in the breast, and cut away the strings, which *should* have been removed before the bird was sent to table.

First, cut a very thin slice from the right-hand side of the breast, down to, and including, the wing-bone.

Second and third, cut the skin on both sides of the second joint; press the knife gently outward, and you will quickly discover where the joint is attached to the back; separate them. Now take another fork (leaving the first fork in

the breast), and divide the drum-stick from the second joint while it is in hand. Cut the second joint in two lengthwise.

Next, cut neat, full-sized slices from the breast until the knife is obstructed by the wish-bone, which separate from the breast-bone and right shoulder only; for, should it be cut completely off, the slices of breast on the left-hand side would be smaller than they should be. Gently draw the bird over on its left side, and with one quick, sharp stroke with the knife, cut part way through the right centre of the back. Cut from the Pope's nose along the back, up to this cut, to procure the side bone. The left side is carved in the same manner as herein described.

Roast Turkey. — Truss the bird with twine instead of skewers; place the cooked bird, with the head *from* you, on a large platter. Have ready one small and one large knife, one small and one large fork. Insert the large fork through the centre of the breast, the tines astraddle of the ridge. Cut away the twine, and cut two thin slices of white meat from the breast down to the shoulder. Now divide the wing from the shoulder, which, if done before cutting the two slices, that part of the fowl and the upper ends of the slices will be

ragged. The expert will next divide the drum-stick from the second joint; but the beginner should cut above the second joint down towards the back, then cut on the lower side, press the joint gently outward with the knife, and with the point of the knife neatly, and seemingly without effort, divide the joints.

Now use the small knife and fork to separate the drum-stick and second joint, and also to divide the latter while in hand. Slice off the breast in wide, long, and not too thin slices. Cut off the Pope's nose, and the side bone, as described in article on capon. The "oysters" on the back belong with the side bones, and should not be detached from them. The wish-bone should be separated from the breast-bone and shoulder; and a quick stroke will separate the collar-bone from the breast; another will give you the shoulder blade, around which is fair "picking." The left side is carved the same as the right side, and it is considered quite an accomplishment to be able to carve with the left hand as well as the right.

Squab. — When a dinner consists of many courses, and guests are surfeited, a roasted squab, or even a broiled squab, may be split in two; but, under all ordinary circumstances, each guest should receive a whole bird.

English Pheasants. — These birds are quite plentiful, but dear during winter, and are quite frequently met with at private dinners.

Owing to the long sea voyage, they are quite strongly flavored, or rather gamey, by the time they reach our tables; and we advise that only the breast be served. Each side of the breast may be divided into two slices.

The legs and thighs should only be served to those who advocate "high game."

Prairie Chicken. — Lard the breast neatly with a larding needle, or place a thin slice of larding pork over the breast, and secure it when trussing the bird. When roasted, remove the twine, insert the fork on the left-hand side, and place the bird with its head from you. Cut both legs from the body; and, if intended for two persons, carve the breast from the right side in one whole piece by cutting close to the ridge first, then slipping the knife along the breast-bone down to the shoulder, and removing the wing at the same time. Carve the left in the same manner.

FISH.

The flounder, the English sole, and the small chicken halibut are carved thus: Divide the fish lengthwise down to the bone, run the fish-knife along the sides from head to tail; then divide each half in three-inch pieces if the fish is a thin one, and two-inch pieces if a thick one.

Remove the bone as soon as exposed, and divide the under side in the same manner.

A shoulder of cod, or a piece of salmon, is served best if the fish is divided, and the upper piece placed on the dish, then divided into portions. The bone is then removed from the lower piece, and it is divided into portions.

To divide the top piece into portions, as is usually done, we find, that, no matter how careful in serving, the lower part of the fish is bruised.

SERVING SAUCES WITH MEATS.

Do not pour a sauce over a portion of meat unless you have some special object in view; for instance, should you find a slice of roast beef too rare, pour the hot gravy over it, and it will look "medium" done. If the beef is very dry, as is apt to be the case with frozen meats, pour a little of the sauce or gravy on the dish first, and then add the meat. It will look juicy, and the gravy on the dish will look as though it had run out of the meat.

When boiled mutton is too rare or too well done, pour the sauce over the meat, and then strew over it a few capers.

When the meat is just as ordered, either send the sauce to table in a boat, or serve it on one side of the meat.

REMARKS ON BONING MEAT.

Many writers recommend the removal of all bone before cooking the meat. They say "it facilitates carving." Perhaps it does; but "boned meat" does not possess the same delicious flavor as meat cooked with the bone.

LUNCHEON

CONTENTS.

	PAGE
REMARKS ON LUNCHEON	11
RELISHES FOR THE LUNCHEON TABLE	13
German Radishes	14
Pickles	14
Nasturtiums' Pickled	15
Tomatoes for Winter Use	15
Field Mushrooms for Winter Use	15
Mushroom Table Sauce	16
Chervil Vinegar	16
Preserved Watermelon Rind	17
Preserved Strawberries	17
Preserved Peaches	18
Brandy Peaches	19
"Sweet-Pickle" Peaches	19
Crab Apples' Pickled	20
Tomatoes in Sweet Pickle	21
Pears in Sweet Pickle	21
Cucumbers in Sweet Pickle	21
Fig Tomatoes	22
Tomato Ketchup	23

PAGE

FISH AND SHELL FISH . . 24
Raw Oysters 24
Oysters en Brochette . . . 25
Fried Oysters 25
Curry of Oysters . . . 25
Deviled Oysters on Toast . . 26
Pickled Oysters 26
Soft Clams in Chafing Dish . . 26
Stewed Little-Neck Clams . . 27
Soft Clams 27
Snapping Turtle 27
Shrimp Paste 28
Finnan Haddie with Poached Eggs 29
Spiced Salmon 29
Broiled Yarmouth Bloaters . . 30
How to eat Prepared and Preserved Fish 30
Potted Fish 31
Potted Eels 31
Fried Eels 32
Codfish Balls 32
Shad Roe en Brochette . . . 33

HASH. — *A Kind Word for it* . 33
Corned Beef Hash 34
Minced Lamb on Toast . . 35
Beef Hash with Poached Egg . . 35
Minced Ham with Poached Egg . 35

PAGE

Frizzled Beef with Egg . . . 36

MACARONI 36

Macaroni with Roast Meats . . 37
Macaroni with Tomato Sauce . 37
Macaroni Pie 38
Spaghetti 38

LUNCHEON CURRIES . . . 39

Curry of Baked Fish . . . 39
Curry of Cold Roast Beef . . 40
Fresh Beef Curry . . . 40
Curry of Brisket of Lamb . . 41
Curry of Frogs' Legs . . . 42
Curry of Prawns 42

EGGS AND OMELETS . . . 44

Chicken-Liver Omelet . . . 44
Kidney Omelet 45
Omelet with Spanish Pepper . . 46
Pickled-Oyster Omelet . . 46
Crayfish Omelet 47
Stuffed Eggs 47
Eggs with Brown Butter . . . 47
Oyster-Crab Omelet . . . 48

PATTIES 48

Dainty Luncheon Patties . . 48
Beef Patties 49

PAGE

VEGETABLES 50

Broiled Sweet Potatoes . . . 50
Sweet-Potato Soufflé . . . 50
Fried Sweet Potatoes . . . 51
Green Corn, Maryland style . 51
Green Corn Fritters . . . 51
Elder-Flower Fritters . . 52
Oyster-Plant Croquettes . . . 52
Egg Plant, Fried 53

SWEETBREADS 53

Lamb Sweetbreads, Tomato Sauce 53
Sweetbreads, Broiled . . . 53
Sweetbreads, Stewed . . . 54
Sweetbreads with Scrambled Eggs . 54

MISCELLANEOUS 55

Goloash, Hungarian style . . 55
Spring Chicken Paprika . . 55
Oyster and Chicken Pie . . . 55
Chicken, Economical Use of . 56
Calf's Liver en Brochette . . 56
A Lenten Luncheon Dish . . 57
Potted Pigeons 57
Blackbirds en Brochette . . 58
Calf's Brains 58
Croquettes of Calf's Brains . 58
Stewed Beef with Dumplings . . 59

PAGE

Flank Steak 60
Roast Tenderloin of Beef . . 61
Lamb's Liver 61
Lamb's Liver, sauté, with Potatoes . 62
Lamb's Liver, au gratin . . 62
Cold Tongue 63
Cold Tongue with Nudels . . 63
Nudels 63
Venison Steak, Sauce Béarnaise . 64
Sauce Béarnaise 65
Venison Steak in Chafing Dish . 65
Cheese Toast 66
Cheese Fondu 66
Sausages 66
Ham 67
Deviled Ham 67
Ham in Chafing Dish . . . 67
Ham, à la Russe 67
Spare Ribs with Apple Fritters . 68
Frankfort Sausages 68
Pigs' Feet 68

REMARKS ON LUNCHEON.

THE midday meal of the household is too often an indifferent affair, or consists of ingredients which upset the system instead of benefiting it.

This should not be. Quite as much care should be exercised in the table appointments at lunch as at any other meal.

If servants are allowed to shirk their duties at one time, is it not human to expect them to be careless whenever they feel so disposed?

Should a child be expected to have pretty table manners at a particular meal, when he is allowed to run riot at others?

Heavy soups should not appear at the luncheon table, for it is too much to ask of a servant to make soup twice a day.

Clam broth, however, is easily made, and served in cups is always acceptable.

Small china crocks of beef extract should always be on hand for emergency cases, as a cup of bouillon is then quickly prepared.

A stew of oysters, clams, scallops, or a dainty

lobster or prawn stew, is most appropriate at luncheon.

The dish takes the place of shellfish and soup, and is, as it were, a combination of the two.

Vegetable salads occupy a similar position, for they take the place of special vegetables and the salad. Fish salads also serve this purpose; and a lunch table with a bounteous dish of well-made fish salad is considered at all times a well-appointed table.

This rule equally applies to a well-made salad of poultry or meats.

A well-made hot dish of some kind should invariably appear at lunch table, and much more care should be taken with it than even the joints for dinner.

If they are not well made and served, they will not be eaten, and much good food and seasoning will thereby be spoiled.

The utilization of the culinary odds and ends, which accumulate in the ice-box and pantry, deserves the highest consideration; for without this it would be impossible to please the palates of the "men-folks," who, if fed on a continual diet of fresh meats which were but once cooked, would become unbearable. Their nerves would be shattered; and happiness, under such a condition of things, would be impossible.

RELISHES FOR THE LUNCHEON TABLE.

Relishes are very essential at the lunch table, and they should be served in as neat a manner as possible.

They should be constantly varied from day to day, whenever possible.

On fish days the salted anchovies and the German sardellen are acceptable; they should, however, be served in fillets or strips, and free from skin and bone. Lemon should be served with them.

Broiled sardines are sometimes served as a relish.

When cold roast meats are served, a most acceptable relish to accompany them is pickled walnuts. A jar of horse radish is always appreciated by the lover of cold meats.

Radishes are excellent as a relish, but they should not be served repeatedly. If they are, they are more apt to cloy and dull one's appetite than to tantalize it.

A most agreeable relish will be found in the raw green sweet peppers; they are not too

peppery, and their peculiar flavor is a delight to the epicure.

German Radishes. — The little red radish is seldom tender after the first of June, and in its stead we name the white rusty German radishes, which are excellent. Scrape off the outer coating, and cut the radish in *very* thin slices; arrange them on a platter, and strew over them a liberal quantity of salt; let them stand a few moments, then serve.

The long black radish is prepared thus: Scrape off the skin carefully, and cut the thin slices nearly through without spoiling the shape of the radish or dividing it, then insert a little salt between the slices; let it stand fifteen minutes, and eat by pulling off one or two slices at a time.

Pickles. — Wash one hundred small cucumbers in cold water, dry them in a cloth, and put them in a butter firkin or an unglazed crock. Boil two gallons of water, and add a pound and a quarter of coarse kitchen salt; skim until clear, and pour it on the cucumbers; let them remain in the brine three days; drain them in a colander. Wash out the vessel, and put into it a sliced raw onion, three green peppers sliced, a tablespoonful of mustard seeds, a tablespoonful each of whole cloves, peppercorns, and allspice.

Now add the cucumbers, and pour over them two gallons of boiling cider vinegar. The spices may be put in a thin cloth bag if desired; and if you wish to have the pickles brittle, add a bit of alum the size of two peas. The cucumbers may remain in the brine for days, but should be soaked in fresh water before pickling.

Nasturtiums Pickled. — Wash the fleshy fruits in cold water, and drain. Strew over each quart of them a teaspoonful of salt; let them stand over night. Wipe them dry and free from salt, and put them in bottles. Boil a quart of vinegar with an ounce of whole mixed spice. When it is cold, add a little of it to each bottle. If the seeds are packed closely, half a pint of the vinegar will be sufficient in each bottle. Add a few whole green tarragon leaves to each bottle, cork and seal.

Tomatoes for Winter Use. — Select sound and thoroughly-ripe tomatoes, scald and peel them; parboil them three minutes; salt slightly; put them into warm jars, and make them air-tight as fast as filled.

Field Mushrooms for Winter Use. — Select the smallest of those gathered, and wipe them free from grit. Put into a frying pan a quarter of a pound of the very best butter. Add to it two whole cloves, a saltspoonful of salt, and

a tablespoonful of lemon juice. When hot add a quart of the small mushrooms, toss them about in the butter for a moment only, then put them in jars; fill the top of each jar with an inch or two of the butter, and let it cool. Keep the jars in a cool place, and when the butter is quite firm, add a top layer of salt. Cover to keep out dust.

Mushroom Table Sauce. — Select the largest mushrooms for this purpose. Put into the wooden chopping bowl a layer of mushrooms with the root ends upright. Strew over them a layer of fine salt. Repeat this process until five pounds of mushrooms and one pound of salt are used. Cover with a cloth, and let them stand forty-eight hours; then rub through a colander or sieve, and put it in an unglazed crock or porcelain-lined kettle. Mix together one-quarter of an ounce of black pepper, a quarter of an ounce of ground allspice, half of a bay leaf, a quarter of an ounce of ginger, and one clove of garlic. Mix, and add to it a quart of claret; boil it a moment, and add it to the mushroom sauce. Boil the whole fifteen minutes; strain, and add to it half a pint of soy (to be had at the grocer's); mix and bottle.

Chervil Vinegar. — Chervil is a delicious salad herb, invariably found in all salads prepared

by a French epicure. No man can be a true epicure who is unfamiliar with this excellent herb. Its leaves resemble parsley, but are more divided, and a few of them added to a breakfast salad give a delightful flavor. A few drops of vinegar flavored with it, or added to fish sauces or salads, is excellent, and well repays the little trouble taken in its preparation. Half fill a bottle with fresh or dry chervil leaves; fill the bottle with good vinegar, and heat it gently by placing it in warm water, which bring to boiling point; remove from the fire; cork when cool, and in two weeks it will be ready for use.

Preserved Watermelon Rind. — Cut off the outer rind and all of the red part from the inside; cut the rind in strips or squares, and boil in a liberal quantity of sirup, allowing a pound and a quarter of sugar in a quart of water to the pound of rind. Make the sirup first, and clarify it with white of egg, skim, and add the rind; simmer until quite transparent; remove the rind, boil down the sirup one-third, then pour it over the rind.

Preserved Strawberries. — Gather the strawberries in dry weather, when they are not over-ripe, and pick without bruising them. Put them in clean, dry, wide-mouthed bottles. Take equal weight of sugar, and add a pint of water

to every three-quarters of a pound of powdered sugar; boil until quite clear, and strain. When a little cool, pour it in the bottles, cork, and tie them with string. Wrap straw around them to prevent them from being broken. Put them in a large stewpan, and add cold water up to their necks. Allow the water to boil, then draw to one side, and let the bottles remain until the water becomes cold. Examine the corks, retie or wax them over, and they are ready for use or keeping.

Preserved Peaches. — Fill a four-quart steamer with perfectly sound ripe peaches; place the steamer on top of a pot of fast-boiling water for three minutes, then remove, and allow the fruit to become cold; peel them carefully, and weigh them. Boil together three pounds of sugar and one pint of water; remove all scum until quite clear. Soak a tablespoonful of Nelson's gelatine in a gill of cold water ten minutes, drain off the cold and add a pint of hot water. Add this to the sugar, and boil and skim until clear. If not clear enough, whisk into it the white and shell of one egg, and strain through a flannel bag; but this is hardly necessary for ordinary household sirup used in preserving. Make an incision in one side of each peach down to the stone. Add four pounds of the

peaches to the sirup, and boil five minutes. Scald the jars carefully, so as not to crack them, then place them in a dripping-pan, and surround them with hot water; fill the jars with the sirup, and put about nine peaches in each quart jar; place the clean rubber band on each jar as fast as it is filled, and screw on the cover. Remove, and when they are cold test the covers to make them as tight as possible. (The gelatine is used only when a thick sirup is desirable.)

Brandy Peaches. — Prepare the peaches and the sirup as in the foregoing recipe, using the same proportions, and before filling the jars add a pint of the best brandy, slightly warmed.

"Sweet-Pickle" Peaches. — Mix the following spices together: a teaspoonful each of whole allspice and "chip" cinnamon, a tablespoonful of minced green ginger, half a teaspoonful of cloves, and one nutmeg broken into small pieces; put the mixed spice in an earthen crock, and pour on it a quart of hot vinegar; cover, and let it infuse three days, stirring it daily; allow it to settle, then strain. Put into a porcelain-lined kettle or pot five pounds of C sugar; add the spiced vinegar, and boil; skim, and when no more scum rises it is ready. *Do not procure your peaches until the pickle is ready.* Scald five pounds of firm

but ripe peaches; wipe them well; boil the pickle, and pour it over the peaches; boil five minutes, and let stand until cold; remove the fruit, and boil the pickle once more; add the peaches, and put into a large crock with a cover. Six days afterwards, boil up once, fill the warm jars, and make them air-tight. [It sometimes happens that the most carefully-prepared pickles or preserves will prove a disappointment; but if you will keep all kinds of home-made relishes in a room or cellar free from sudden changes of temperature, you will experience very little trouble with them. Should they appear cloudy, or develop a fungoid growth, drain off the sirup, and boil up once, or open the jars and place them in warm water which should be brought to the boiling point. All jars not filled to the top should be refilled. This is best done by using the contents of one of the jars, which is less troublesome than preparing a fresh pickle. Do not put too many peaches in a jar; if quart jars are used, nine medium-sized peaches to each jar will be sufficient.]

Crab Apples Pickled. — Select bright red crab apples with stems on, and boil them whole until tender. Care must be exercised not to cook them long enough to break their skins. Boil the sweet pickle, and pour it over the fruit;

repeat the process three days in succession, boiling the pickle each time; fill the jars after the last boiling, and seal.

Tomatoes in Sweet Pickle. — Select sound, ripe tomatoes of equal size, and blanch or scald them. When cool, skin them. Dry and powder the skins, which are excellent for coloring soups, sauces, etc. Put the peeled tomatoes into a large steamer, and steam them a quarter of an hour; then put them in a sweet pickle, and boil ten minutes over a very moderate fire. Handle them carefully so as not to break them. Store them away in wide crocks. The pickle should cover the tomatoes when they are put away.

Pears in Sweet Pickle. — When pears are cheap, families are warranted in putting them up for winter use. Pare the fruit as neatly as possible, leaving the stems on. Boil them in hot water or steam them twenty minutes; then boil them in the pickle twice upon successive days, only a moment each time.

Cucumbers in Sweet Pickle. — Select large, full-grown cucumbers; quarter them lengthwise, remove the seeds, then cut each piece in two crosswise. Cover the pieces with wine vinegar, and let them stand two days. Then drain, and boil them a moment in a sweet pickle;

take them out of the pickle, and put them in a crock. Let the pickle boil five minutes, and pour it over the cucumbers. Let them stand ten days, and boil the pickle once more. When cold pour it over the cucumbers. Let them stand two weeks before using. Watermelon rind may be treated in like manner. (Pumpkin, squash, and citron boiled ten minutes, then boiled in the sweet pickle, with the addition of a root or two more of green ginger, will be found excellent winter relishes.)

Fig Tomatoes. — (This excellent recipe originally appeared in "Harper's Magazine," contributed some years ago by Mrs. Eliza Marsh. As I have tested it, and found it valuable, it is proper to give the lady due credit.) The fig tomatoes are both yellow and red, and are abundant at their season. "Pour boiling water over them to more easily remove their skins, after which weigh them, and place them in stone crocks in layers with an equal amount of sugar. Let them stand two days; then pour off the sirup, and boil and skim it until no scum arises. Pour it over the tomatoes, and let them stand two days, then boil the sirup and skim again. After the third time they are fit to dry, if the weather is good; if not, let them stand in the sirup until pleasant weather; then place the to-

matoes on large platters or dishes, and set them in the sun to dry, which will take about a week. When thoroughly dry, pack them neatly in small wooden boxes with fine sugar between the layers, and they will keep for years."

Fig tomatoes put up in sweet pickle are excellent. The skins may be left on.

Tomato Ketchup. — Cut into slices half a bushel of ripe tomatoes, put them in a large earthen crock, and between each layer put a small quantity of salt (enough to season them nicely). Let them stand eight hours. Put into a large saucepan two ounces of mustard seed, one ounce of celery seed, a dozen whole cloves, the bruised cloves of six roots of garlic, two roots of green ginger shredded, an ounce of fresh capsicum peppers, a blade of mace, and two ounces of shredded horseradish root. Add the tomatoes and half a pound of cut sugar. Boil slowly three hours; stir occasionally, care being used not to allow it to burn. Add a quart of new brandy. Strain while hot; cover close, and let stand two days; bottle, cork, seal, and keep in a cool place. It will be noticed that no vinegar is used. The object is to prevent fermentation, which invariably appears when it is used. Strain the ketchup as free from seeds as possible, as they are objectionable.

This ketchup is expensive; but it is wonderfully good, and very little of it produces remarkable results on the palate of an appreciative guest.

FISH AND SHELLFISH.

Raw Oysters. — It is in order to advise housewives how they should order their oysters opened; for, while there may not appear to be any danger in so innocent-looking a thing as an oyster, there is nevertheless great danger of its killing us if by chance we should swallow a ragged piece of oyster shell when eating oysters. There is just one way to prevent this danger, and that is by refusing all oysters that have been opened by the process known as "smashing." This operation spoils the appearance of the oyster and its shell; and small particles of the shell are hammered into the body of the oyster, which, when introduced into the stomach, become a terror as deadly as the mistakes of druggists. Insist on it that your oysters are opened by the stabbing process, and you avert this danger. Children should not be allowed to eat oysters — raw or cooked — unless they have been thoroughly and carefully examined for

minute particles of shells. I am very serious about this oyster-opening business; for, having lost a very dear friend through his having carelessly swallowed a piece of oyster shell which clung to the oyster, I feel that I cannot be too emphatic on this subject.

Oysters en Brochette. — Select one dozen choice oysters, plunge them into hot water a second to make them firm (this process is called blanching), then drain, and dip them into melted butter; arrange them on skewers with alternate layers of neatly-sliced bacon; broil over a moderate fire. When done add maitre-d'hôtel butter to them, and serve on the skewers.

Fried Oysters. — Beat up the yolks of four eggs with three tablespoonfuls of sweet oil, and season them with a teaspoonful of salt and a saltspoonful of cayenne pepper; beat up thoroughly. Dry twelve fat oysters on a napkin; dip them in the egg batter, then in cracker dust; shake off the loose cracker dust, dip them again in the egg batter, and lastly roll them in fine *bread crumbs*. Fry in very hot fat, using fat enough to cover them. The oil gives them a nice flavor.

Curry of Oysters. — Put an ounce of butter in a pan, add to it a teaspoon of curry powder, and water enough to prevent burning.

Put fifteen oysters in just water enough to cover them, simmer three minutes, and drain; thicken the broth with a teaspoonful of flour, salt to taste, stir this into the curry; add the oysters, simmer a moment, and serve with boiled rice.

Deviled Oysters on Toast. — Mix together a heaping saltspoonful of mustard flour, half a saltspoonful each of white pepper and salt, and the yolk of one egg. Dip six oysters in the paste, then in fine crumbs, and broil over a moderate fire. When done, arrange on toast, and squeeze over them the juice of half a lemon.

Pickled Oysters. — A few pickled oysters may be served instead of clams during warm weather. Scald a quart of oysters a moment, drain, and put them in jars. To a pint of oyster liquor, add half a pint of hot water and half a pint of hot vinegar; pour over the oysters; add three cloves, four whole peppers, a small bit of mace, and a slice of lemon, to each jar. This will be sufficient for two ordinary fruit jars.

Soft Clams in Chafing Dish. — Select a dozen large Guilford clams, wash them thoroughly, and plunge them into boiling water for a moment. Drain and open them, and use the round plump part only. Put in a chafing dish a pat of butter, and when quite hot add a dash of flour, and cayenne to suit the taste; add the

clams, and, when they are slightly cooked, add a gill of light sherry. Cover the dish, and allow it to simmer five minutes. Have ready three slices of toast, put four clams upon each slice, add a little of the hot sherry, and serve.

Stewed Little-Neck Clams. — Get two dozen freshly opened, *very* small clams. Boil a pint of milk, a dash of white pepper, and a small pat of butter. Now add the clams. Let them come to a boil, and serve. Longer boiling will make the clams almost indigestible.

Soft Clams. — Select a dozen soft-shell clams; wash them well; remove the shells; trim off the tough neck; place each clam on a half shell, and add to each half a teaspoonful of finely-chopped bacon, a little cayenne, a very small bit of onion, and a pat of butter rolled in flour; strew over the top a little grated Parmesan cheese, and bake to a delicate brown. Cracker crumbs may be used instead of the cheese if preferred.

Snapping Turtle. — Philadelphia is the home of this most highly-esteemed dish. Select a turtle weighing about ten pounds, allow it to swim in a tub of clean water half a day. Half fill a wash boiler with water; when it boils, drop the snapper into it. (This is the quickest and best mode of killing: cutting his head off is apt

to be attended with difficulties when attempted by amateurs.) Boil twenty-five minutes, then plunge in cold water to cool. Remove the nails, scales, and outer skin, turn it over, and separate and remove the breast or lower shell. Remove the entrails carefully, saving the liver only; cut off the gall bag without breaking it; divide the remainder of the flesh in neat pieces, put them in a pot, and add a gallon of water. Simmer four hours. Add salt to taste, a teaspoonful of whole peppercorns, a pinch of nutmeg, the grated rind of a lemon, and a heaping tablespoonful of mixed dry herbs.

Five minutes before serving, add a pint of sherry, a little cayenne, and three hard-boiled eggs chopped fine; cut a lemon in slices, and add them, and serve. Should the turtle contain eggs, they may be served separately.

Shrimp Paste. — You can make an excellent shrimp paste as follows: Boil the shrimps half an hour; when cool, shell them; put the shells in a mortar, and pound them to a paste; add two ounces of butter to the pound of shells, and season with salt and cayenne; add a pint of hot water, and simmer an hour; strain. Now put the edible or tail part in the mortar, and pound it to a paste, moisten with the liquid from the shells, and season liberally with salt and cayenne. Put

it in a double saucepan, surrounded by water, and heat it through. Fill the jars three-fourths full of the mixture. Pour over it enough melted butter to fill the jar, and keep in a cool place. When wanted, remove the butter. This paste will be found excellent for sandwiches, sauces, etc., but not of the same color as the shrimp paste of the shops, which is colored with chemicals.

Finnan Haddie with Poached Eggs. — Finnan haddies are smoked haddock. Most of the fish smoked in this vicinity are invariably kept too long before being cured, and are, therefore, quite inferior to the Scotch and Canadian prepared fish. Cut the fish into pieces about three inches square. Remove the skin, and parboil fifteen minutes. Drain quite dry in a towel, and brush over the fish a little butter; broil a moment, and add melted butter and a little lemon juice; on top of each piece of fish place a poached egg. The fish may be boiled until done, and served in this manner, instead of broiling afterwards.

Spiced Salmon. — Cut from a medium-sized salmon six slices even, about an inch and a half in thickness. Put a slice in an earthen crock, one wide enough to admit of the salmon being removed from it, when cooked, without

breaking the slices. Season it nicely with a part of a blade of mace, a bit of bay leaf, one clove of garlic, six whole peppercorns, four cloves, a little salt, and a thin slice of lemon. Add another slice of salmon, and season in like manner, and repeat the process until all the slices are used. Add equal parts of vinegar and water to cover the fish; set the crock (covered) in a saucepan of water, simmer three hours, and allow it to cool before uncovering. The best brand of canned salmon is excellent served in this manner, but requires not more than fifteen minutes boiling to make it perfect.

Broiled Yarmouth Bloaters. — Bloat-herrings, or bloaters, are large herrings smoked and cured. They are called Yarmouth from Yarmouth, Eng., where they were supposed to be first cured. They are a very appetizing breakfast dish. Split them down the back, remove the bone and head, and broil three minutes. Pour over it a little lemon juice mixed with hot butter.

How to eat Prepared and Preserved Fish. — Many object to eating fish of any kind, owing to the after effects. This unpleasantness is caused by flooding the food with liquids while eating. Drink your coffee and other liquids *first*, and afterward eat the salmon. Above all,

masticate properly, and you will have no further trouble.

Potted Fish. — The lunch table is the place to introduce home-made potted and pickled fish of all kinds; and when good fish are plentiful and cheap, a jar of them should be found in every household.

Clean the fish thoroughly, remove the head, tail, and skin; split the fish in two lengthwise, then cut each half into neat pieces of equal size. Put into an old-fashioned stone jar a layer of sliced onion, add a layer of the raw fish, strew over it a liberal quantity of whole mixed spice and salt; add another layer of fish, and season as before, and continue this process until all the fish is used. Cover the fish with good vinegar; make the jar air-tight, and put it in a pan of water, simmer half a day, and do not remove cover until it is cool.

When serving, arrange neatly on the dish, and garnish with hard-boiled eggs quartered lengthwise, and lemon similarly cut.

Potted Eels. — This is the only way in which eels are appreciated by some. They seem to lose their peculiar oily flavor, and are very acceptable at lunch.

Prepare them as in the foregoing recipe, and add a few bay leaves to the seasoning ingredients.

Fried Eels. — Cut the cleaned eels into three-inch pieces, and strew over them a quantity of salt; let stand an hour, rinse off the salt, dip them in beaten egg, then roll in crumbs, and fry in boiling fat.

Codfish Balls. — A well-made codfish ball is a delicious dish, but recently it has fallen into disrepute for one reason.

Some few years ago an inventive Yankee conceived the idea of putting up in small boxes what he called "boneless codfish;" and since then a perfect codfish ball is a very rare article, for the simple reason that very little of the true codfish is used.

Species of codfish, such as hake, haddock, pollock, and fifty other varieties, are so put up whenever cheap; but the true codfish is seldom if ever used. When wanted, purchase the old-fashioned salted, dried fish, and pick it to pieces as fine as possible, or rub it to fine shreds in a mortar. Soak it six hours; drain, and simmer half to three-quarters of an hour. Wash, peel, quarter, and boil twice the quantity of potatoes that you have of fish; mix fish and potatoes together while warm, and beat them as light as possible. To a pound of fish add three ounces of butter, two beaten eggs, and cayenne or white pepper to taste. When well incorporated shape

into small, very neat cakes not over half an inch thick or two inches and a half in width, and fry in boiling fat.

Shad Roe en Brochette. — Parboil the roes slightly; cut them into inch pieces, and dredge them with flour. Arrange the pieces alternately on skewers with neat thin pieces of bacon, and broil a delicate brown on all four sides; serve with sauce maitre d'hôtel.

HASH.

A Kind Word for it. — The paragraph writer who has not penned a slur at the homely fare known as hash is a *rara avis*, and the poet whose first attempt at doggerel was not a denunciation of boarding-house hash is yet to be found. Slangy men of the world call a hotel or restaurant a "hashery," signifying that the resort is a place to avoid, it being cheap and not nice. Yet, with all the censure heaped upon it by an unappreciative public, hash is, from a hygienic standpoint, the very best mode of serving food. This statement may seem incredible, but when we consider it a moment we realize the truthfulness of it. Statistics are not wanting to prove that minced food digests almost as soon

without being chewed at all as if it had been thoroughly masticated. People who habitually "bolt" their food suffer no inconvenience from the practice when their food is cut very fine. Most of us eat too rapidly, either from forgetfulness, bad teeth, or in case of hurry; and the result is derangement of the stomach which in time ends in an almost incurable case of dyspepsia. Hash, then, is the proper food to order in such cases. It need not necessarily be the well-known compound so familiar to all; but served in the form of croquettes, forcemeats, patties, cromisquis, soufflés, etc., it is always acceptable, and may be offered to the most fastidious; for while those various names sound more poetical, they all mean the same thing, simply—hash.

Corned-Beef Hash. — This homely American dish, when properly prepared, is very acceptable. The brisket part of the beef is the best for this purpose. The rump or very lean meat does not make good hash. Chop up the meat very fine the night before it is wanted; add to it an equal quantity of warm boiled potatoes, moisten them a little with clear soup strongly impregnated with onion flavor. Mix meat and potatoes together, and place in ice box until wanted. The next morning it should be warmed

in a frying pan. A little onion may be added if not objected to. Moisten the hash with hot water or clear soup, and, when quite hot, serve. Some like the hash browned; this is accomplished by using a small quantity of butter, and frying the hash a delicate brown. The pan should be raised to an angle of thirty degrees, and the hash shaped like an omelet, then turned deftly out on a hot dish.

Minced Lamb on Toast. — The cold lamb left from the preceding day is quite acceptable when served in this manner. All fat should be removed, and the meat chopped quite fine, warmed in the pan, moistened with a little stock or hot water, and seasoned with salt and pepper. Then arrange on slices of buttered toast. Poached eggs are appreciated by many with this dish. Arrange each egg neatly on top of the meat without breaking it.

Beef Hash with Poached Egg. — Boiled fresh beef, left from the preceding day, and made into a hash with one-half meat, one-quarter each of potato and apple, and a little minced celery, nicely cooked and seasoned, and served on toast with a poached egg, is a very good dish.

Minced Ham with Poached Egg. — Mince half a pound of cold boiled ham; put an ounce of butter in a frying pan; when melted

add the ham and a very little hot water and a pinch of cayenne. When quite hot arrange it neatly on slices of toast, put a poached egg on top of each, and serve. Minced ham prepared for evening parties and not all used may be served in this manner.

Frizzled Beef with Egg. — Cut half a pound of smoked or jerked beef into the thinnest of pieces or shavings; cover with boiling water for five minutes, and drain. Melt an ounce of sweet butter in the frying pan, and add the wafers of beef. When they begin to frizzle or turn up, break over them three eggs; stir until the eggs are cooked; add a little white pepper, and serve on slices of buttered toast.

MACARONI.

An Italian invention, and the most popular form in which wheat flour is sent to table, bread excepted.

It is an excellent dish to serve at luncheon or other impromptu meals; and, while the dish called "au gratin" is known to nearly all cooks, there are many other ways of preparing this very excellent food product.

Macaroni with Roast Meats. — A most excellent dish is made as follows. Break into small inch pieces enough macaroni to make a pint; cover with boiling water slightly salted, and boil fifteen minutes; drain. Cut into small pieces one small onion, put it in a pan with a little oil or lard, simmer until brown, and add half a pint of hot water or soup, then add half a pound of cooked meat of any kind, and also add the macaroni, salt and pepper to taste; now add a teaspoonful of flour, cover, and let the dish simmer fifteen minutes.

This is an excellent way of disposing of those odds and ends which, while they are not large enough to be served a second time, are nevertheless too good to be thrown away.

Macaroni with Tomato Sauce. — Boil the macaroni fifteen minutes; then drain, put it on a flat dish, and pour round it a tomato sauce; strew over the dish a quantity of grated cheese. The tomato sauce is prepared as follows: Open a can of tomatoes that contains but little liquid; simmer them gently three-quarters of an hour; season with salt, cayenne, a clove of garlic bruised, and very little mace. Press them through a fine sieve; put the pulp in a clean, hot stewpan with a little butter, stir to prevent burning, and when quite thick serve. A most

excellent tomato sauce is made of a brilliant red tomato ketchup. Take half a pint of it, heat it gently, add a gill of rich soup stock and a teaspoonful of flour dissolved in a little cold water, simmer until it thickens, and serve. Ordinary ketchups do not have the proper color, and are liable to sour when heated.

Macaroni Pie. — Put into a round baking tin two slices of bacon, add to it a layer of macaroni; next add a layer of raw meat cut into inch pieces; season with salt and pepper; add another layer of macaroni, and so on until the dish is nearly full. Then add sufficient quantity of gravy, soup, or hot water, to have the dish quite moist when done. Cover the dish with an ordinary piecrust, and bake brown.

A very nice pie is made by adding a layer or two of tomatoes, and, if not objected to, a little onion may be added for its flavor.

Fish and shell fish are added to macaroni when the pie is made for fast-day meals.

Spaghetti. — (Spaghetti is a variety of macaroni, but is much smaller in diameter, and is served unbroken.) Plunge the ends in fast-boiling water, which should be slightly salted; when soft, coil them in the water, without breaking, and boil for fifteen minutes; drain in a colander, and pour cold water on it. Put it on a

hot dish, pour a rich hot tomato sauce over it, and keep on the back of the range until it is heated through, or strew over it a quantity of grated cheese.

LUNCHEON CURRIES.

Curries are very acceptable at luncheon, besides being an excellent mode of disposing of small odds and ends of joints which accumulate in the ice box. A few recipes are here given, but a more extended list may be found in "The Book of Entrées" by the same author.

Curries are made much stronger in pungency in India, the home of curries, than as prepared by our recipes, owing to climate. People in the North add a little flour to the dish for two reasons: one is to tone down the pungency of the curry powder, and the other is to slightly thicken the sauce.

Curry of Baked Fish. — It frequently happens that part of a baked fish is left from a preceding dinner, and we know of no more acceptable mode of serving it again than as a curry.

Divide the fish into flakes. Put into a frying pan half a teaspoonful of lard, and when hot

add a tablespoonful of minced onion. Fry quite brown, add a gill of hot water or broth, salt to taste, and a teaspoonful of curry powder. If the onions are objected to (but we don't see why they should be), strain the sauce, then add half a teaspoonful of wet flour to tone down the pungency of the curry. Now add fish enough to absorb the curry, and place the dish on back of range for fifteen minutes.

Curry of Cold Roast Beef. — A most enjoyable dish is made of cold roast beef. Cut the beef into thin slices, then divide each slice into neat, even pieces.

Brown a minced onion in the pan with a teaspoonful of curry powder, add a saltspoonful of salt and half a pint of hot water; thicken with a teaspoonful of wet flour free from lumps; now add the meat, squeeze over it the juice of an orange, and you have a delicious dish.

When there is too small a quantity of meat, an equal quantity of lima beans, string beans, cut-up potatoes, or almost any other vegetable, may be added.

When fresh raw meat is used as a curry, proceed as follows: —

Fresh Beef Curry. — The best piece of meat for this dish is the lean part of the flank, called flank steak, which, being cross-grained,

allows the curry to thoroughly assimilate with every particle of the meat. Cut up one pound of the meat into neat square pieces. Put into a frying pan one ounce of oil or butter, and fry in it half of a minced onion, stirred until they begin to brown, add the beef, and stir to prevent burning for about twenty minutes; now add a teaspoon of curry and half a pint of rich gravy (if possible) or hot water; simmer; squeeze out the juice of one orange, sweeten it a little, add it to the dish, add a heaping teaspoonful of apple sauce, stir, and simmer nearly an hour. Arrange a border of rice on a flat side dish, pour the contents of the saucepan in the centre, and serve. To those who are very fond of curry, a teaspoonful of the powder will not be enough; in which case the powder should be placed on the table. The flour is here omitted.

Curry of Brisket of Lamb. — Cut up two pounds of lamb into neat pieces, brown them nicely in a frying pan with butter seasoned with salt and half a teaspoonful of chopped green mint; add a wineglassful of Rhine wine and two teaspoonfuls of curry powder, simmer slowly three-quarters of an hour; prepare a border of rice, put the lamb in the centre; squeeze the juice of an orange in a cup, add a little sugar to it, sprinkle it over the rice, and serve.

Curry of Frogs' Legs. — This is an excellent dish. Wash one pound of frogs' legs in cold water; brown one-fourth of an onion in oil or butter; add a teaspoonful of curry and a pint of hot water; pour this in a saucepan, and add the frogs; simmer an hour and a half, and drain. Mix a teaspoonful each of rice flour and curry to a paste, with the broth; add salt to taste, and half a pint of milk. Place on the range, and when hot add the frogs. Blanch two dozen sweet almonds; rub off the skins, split them, and toss them about in hot butter; season with pepper and salt; when done squeeze a little lemon juice over them, and send to table on separate dish with the curry.

Curry of Prawns. — Prawns are at their best served as a curry. Boil two quarts of live prawns thirty minutes, drain when slightly cooled, break away the shells, and set them aside. Put two ounces of butter in a frying pan; when very hot add a clove of garlic and one sliced apple; brown slightly, remove the garlic, and add a dessertspoonful of curry powder mixed with a gill of water; stir, and add half a pint of soup-stock and half a teaspoonful of flour; now add the prawns, and the juice of half a lemon in which a lump of sugar has been dissolved. Pour out on a hot dish, and send to table with rice croquettes.

Prawns are plentiful the last of March and the first of April, and are at their best at that time. Of the numerous varieties of prawns, the species with which we are most familiar, and which are often found associated together, are the *Penæus setiferus* and *Penæus brasiliensis;* and, according to Professor Lewis R. Gibbes, these species may be distinguished by the following characters: —

The common shrimp (*P. setiferus*) has a groove on each side of the large spine that springs from the fore and upper part of the shell or carapax; these run backward, and terminate about the middle of the length of the shell. In the same tray in the market will frequently be found other individuals, far less numerous, in which these grooves run the whole length of the shell, terminating just in front of the hinder edge or border of the shell, at the first joint. This form I have referred to as the *P. brasiliensis* of Latreille. Full-grown shrimps (*P. setiferus*) measure six or more inches in length from the tip of the large anterior spine to the tip of the tail spine, and three-fourths of an inch deep, and broad in the front or body part. The large specimens of both species are known in the markets as "prawns," or "sprawns," and the half-grown individuals are

distinguished as "shrimps." Prawns are in season from the latter part of February or the first of March, and remain in season two or three months.

Shrimps are in season from June until autumn. These and other varieties of prawns and shrimps inhabit salt or brackish water, and sometimes ascend streams to where the water is nearly or quite fresh for the purpose of spawning.

The foregoing must not be confused with the crayfish or crawfish, which are found in most of the fresh-water streams of the United States, and are in season from early spring until frost sets in.

Most of the prawns sent to market are cooked before shipment, and need only warming up.

EGGS AND OMELETS.

Chicken-Liver Omelet. — As a rule, the chickens used in the household are not enough to make entrées of their livers or other tidbits, so it is advisable to use them in omelets or garnishments to other dishes. Remove the gall pouch carefully, without breaking, from four livers; wash the livers in cold water, then parboil slightly, and quarter them if too large. Put

them in a frying pan with enough butter to prevent burning, and toss them about until easily penetrated with a fork; add a teaspoonful of onion vinegar, and a gill of dark rich gravy or sauce Espagñole; season with salt and a dash of cayenne, a tablespoonful of sherry, and, if convenient, add a tablespoonful of chopped mushrooms; place on back of range while the omelet is preparing, and before finishing the fold add the prepared livers. When nicely made, this is a most excellent dish.

Kidney Omelet. — Wash two mutton kidneys, remove the sinews adhering to them, cut them in slices, cover with water slightly salted, and allow them to stand six hours; drain, and parboil a few moments. Put into a frying pan a pat of butter; when hot add the kidneys; toss them about to cook them evenly; add a gill of gravy, a tablespoonful of sherry, salt, pepper, and a little lemon or orange juice. Set the pan on the back of the range while you prepare the omelet as follows: Break three eggs, and examine them before beating them together. Add a teaspoonful of milk, and beat the eggs up to the last moment before pouring them in the pan. As soon as the omelet sets, remove the pan from the hottest part of the fire; strike the handle of the pan with the left hand to pre-

vent the omelet from sticking to the pan, or slip a knife under it, which will accomplish the same result. When the centre of the omelet is quite firm, slant the pan, and prepare for folding the omelet, which is easily done if a little care is exercised. Before folding, add the kidneys, and put the sauce around the omelet.

Omelet with Spanish Pepper. — The sweet Spanish pepper, in any form, is a most excellent addition to our list of vegetables, and is most acceptable when served in an omelet. Fry a small spring onion in a little butter, cut up two peppers, add them to the pan, and simmer slowly twenty minutes; add a little water or gravy to prevent burning. Add a little salt, and a pinch of cayenne, for the pepper is not hot notwithstanding its hot name. When reduced to a pulp, put it inside of an omelet just before folding it. A little tomato sauce may be served with it if desired.

Pickled-Oyster Omelet. — Rinse six spiced or pickled oysters in cold water. Divide an ounce of butter into little balls, and roll them in flour; put them in a saucepan, heat gradually, and whisk to a cream; add a gill of hot water, salt and pepper. Cut the oysters in two, and add to the butter. Prepare an omelet in the usual manner; before folding, add the oysters, turn out on a hot dish, and serve.

Crayfish Omelet. — Boil one quart of live crayfish in well-salted water for twenty-five minutes; drain and cool. Remove the shells, split the meat from each tail in two pieces lengthwise, and remove the thread-like intestine found therein. Melt two ounces of butter, whip it to a cream while it is slowly melting. Dust in a saltspoonful of flour, a pinch of cayenne, a dash of nutmeg, and a gill of Rhine wine. Set it on the back of the range, add the crayfish tails, and prepare the omelet; just before folding, add the crayfish, and turn the omelet on a hot dish.

Stuffed Eggs. — Work four ounces of boiled or potted ham to a smooth paste; add a pinch of cayenne, and a teaspoonful of anchovy paste. Hard boil six eggs; when cold remove the shells, cut a thin slice off the large end of each; take out the yolks, and put them in a mortar with a third of their bulk of table butter, a little salt, and nutmeg; add the ham and very little hot soup or water; heat it gently; press the paste into the empty whites; arrange neatly on a dish, small end upwards; garnish liberally to hide the lower end, and serve.

Eggs with Brown Butter. — Break four eggs separated into a cup; brown two ounces of butter in a frying pan; add the eggs gently to the butter, and with a spoon pour the butter

over them; toast four slices of bread, placing them in the oven instead of before the fire; sprinkle warm vinegar over the toast; add the eggs to the toast; on top of each sprinkle a little salt and nutmeg, and serve.

Oyster-Crab Omelet. — This is a most tempting dish. Roll an ounce of butter into little balls, dredge these with flour, put them in a pan, and when they begin to melt whisk them — do not let it brown; add a gill of hot water, and simmer until thick; now add half a pint of oyster crabs, salt, and a pinch of cayenne. Beat up four eggs thoroughly, and make them into an omelet; just before folding add the crabs, and serve.

PATTIES.

Dainty Luncheon Patties. — Mince a pound of cold roast chicken or turkey, and warm it in a pan. Mince half a pound of fresh mushrooms, simmer them in a gill of good strong gravy, and mix them with the chicken. Boil a pint of milk, and thicken it with a heaping tablespoonful of wet flour. Add the milk to the meat; season with salt and pepper, and place on back of range to become thoroughly incor-

porated ; then add the juice of a lemon. Fill dainty patty shells with the mixture, and serve.

Prepare the patty shells as follows : One pint of flour, two teaspoonfuls baking powder, and half a teaspoonful of salt ; sift all together. Wash the salt from half a pound of good butter in ice-water ; work half the butter by degrees into the prepared flour, and mix with a little more than a gill of ice-water, or enough to make a stiff dough ; roll out the paste, and strew over it a part of the remaining butter divided into little pieces, and dredged with flour ; roll up the dough like a jelly roll, and roll it out again with the rolling pin ; repeat this latter process once more, and when rolled out thin, add the remaining butter. The paste being ready, now roll it out half an inch in thickness, cut it into rounds with a cake cutter two inches in diameter ; press a small cutter, an inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin or paper, and bake a delicious brown ; when done remove the centre circle carefully, and set it aside to be used as a cover. Remove the soft insides without breaking the walls of the shell.

Beef Patties. — Cut into pieces, as for Hamburg steak, one pound of steak free from fat and sinews. Fry brown a tablespoonful of

chopped onion; add a pint of gravy or broth; simmer a moment, and remove the onion by straining; return the broth to the pan, and add the meat. Allow it to cook a very little under-, instead of over-done. A can of French pease and a few mushrooms added, will improve the dish wonderfully. Add salt and pepper, and, if too moist, add a little flour. Prepare the shells as in the foregoing recipe; fill them, and serve.

VEGETABLES.

Broiled Sweet Potatoes. — Raw and boiled potatoes are served in this manner. Cut the raw potatoes in thin slices; brush melted butter over them and also over the wire broiler, to prevent their sticking to it; broil them a dark brown. Boiled sweet potatoes need to be but slightly broiled, just enough to warm through and at the same time to show the marks of the broiler.

Sweet-Potato Soufflé. — Boil four medium-sized sweet potatoes. When done, peel and mash them. Beat up the yolks and whites of two eggs separately; add a gill of cream to the yolks; beat it into the potato (seasoned with salt and pepper), and place it in the oven.

Whisk the whites to a foam. Remove the pan from the oven, add the foam, replace it in the oven, and when delicately browned it is done.

Fried Sweet Potatoes are usually prepared from cold boiled potatoes. They may be either tossed about in very little fat, or dropped into a large quantity of fat and fried like doughnuts. Mashed and whipped up with milk, butter, and one or two eggs, then rolled into little cones or balls and fried, they are much better.

Green Corn, Maryland style. — Take six ears of boiled green corn when cool enough to handle, and cut off the kernels. Cut one-quarter of a pound of fat bacon in little strips, then in very small dice, and fry them crisp. Take them out of the fat, and add the corn to the hot fat, toss it about a few minutes, add salt and cayenne, and turn out on a hot dish, strew the bits of bacon over the top, and serve.

Green-Corn Fritters. — Cut through the centre of each row of kernels, then press out the centre pulp with the back of the knife. Beat two eggs thoroughly, and add to them a heaping saltspoonful of salt, a pinch of cayenne, one pint of corn pulp, and flour enough to make a moderately stiff batter. Drop the batter in smoking-hot fat by tablespoonfuls, and brown them evenly.

Elder-Flower Fritters. — (The elder bush is found growing in waste and neglected places, and may be recognized by its large bunches of minute flowers arranged in umbellate and racemose cymes, the corolla or crown being wheel-shaped and fine-cleft.) Gather the flowers when fully developed, and let them stand in cold water, slightly salted, for an hour; take them out of the water, and pick off the flowers. Sprinkle over them a tablespoonful of brandy to each pint of flowers. Beat the yolks of three eggs; add a saltspoonful of salt, a heaping teaspoonful of sugar, two ounces of wheat flour, and a pint of elder flowers, and stir into the mixture a tablespoonful of olive oil. Drop spoonfuls of the batter in smoking-hot fat, and serve with brandy sauce.

Oyster-Plant Croquettes. — To three quarts of cold water add a gill of vinegar, scrape and throw into the water the oyster plant as fast as cleaned. Drain and plunge them into boiling water slightly salted; boil fifty minutes, drain, and mash them thoroughly; season with salt, pepper, and butter, and bind together with yolks of eggs; roll them in cork shapes, dip in egg batter and then in crumbs, and fry in a liberal quantity of hot fat. Throwing the roots in water containing vinegar prevents them from turning black after they are scraped.

Egg Plant Fried. — Cut the vegetable into slices one-quarter of an inch thick without removing the skin. Sprinkle salt over each slice, and return the slices to their original shape; press gently to extract the juice, then drain and peel; dip them in egg, roll them in bread-crumbs, and fry in plenty of hot fat.

SWEETBREADS.

Lamb Sweetbreads, Tomato Sauce. — Lamb sweetbreads are not always procurable, but a stroll through the markets occasionally reveals a small lot of them, which can invariably be had at a low price, owing to their excellence being recognized by but few buyers. Wash them well in salted water, and parboil fifteen minutes; when cool, trim neatly, and put them in a pan with just butter enough to prevent their burning; toss them about until a delicate color; season with salt and pepper, and serve surrounded with tomato sauce.

Sweetbreads Broiled. — Parboil them, and remove all sinews. Pour over them cold water, and drain in a napkin. Cut them in long, not too thin, slices; brush over them a little fine olive oil, and broil a delicate brown. Serve

with them a butter sauce, or green pease, string beans, or a *purée* of spinach or sorrel.

Sweetbreads Stewed. — Parboil a pair of large sweetbreads, then trim off the ragged parts and sinews, and cut them into neat pieces. Put them into a saucepan with just water enough to cover them; add a little salt, two whole peppers, two whole cloves, and a small piece of bay leaf. Simmer three-quarters of an hour. Remove the sweetbreads and the seasoning. Beat up the yolks of two eggs with a gill of cream; while beating, add the broth in spoonfuls, and also add a teaspoonful of flour which has been mixed with two tablespoonfuls of cold milk or cream; beat all together thoroughly, and place on back of range until it thickens, but do not let it boil. Season the sweetbreads with salt and a dash of cayenne, add them to the sauce, and serve when quite hot.

Sweetbreads with Scrambled Eggs. — Boil a pair of sweetbreads three-quarters of an hour; drain and cool them. Remove all skin and sinews, and cut the sweetbreads into neat square pieces. Put them in a frying pan with a little olive oil, and when hot break over them three eggs; mix the eggs well with the sweetbreads. Have ready a few slices of neatly-trimmed toast; arrange the slices on a hot platter, and add the cooked ingredients.

MISCELLANEOUS.

Goloash, Hungarian style. — This is a very good luncheon dish. Put into a frying pan half an ounce of fat, and when very hot add a tablespoonful of chopped onion, and a teaspoonful of flour; when brown, add half a pound of tenderloin steak cut into pieces as large as dice. Cut up a medium-sized potato into pieces the same size, and add to the dish; now add half a pint of broth or hot water, half a teaspoonful of Hungarian pepper, salt to taste, then cover, and let the dish simmer half an hour.

Spring Chicken Paprika. — This is a dish which is likely to be appreciated more by people who keep late hours than others. Cut a raw spring chicken into neat pieces, and *saute* them three minutes in a pan; add half a teaspoonful of paprika, and hot water enough to prevent burning; and the length of time necessary to cook the bird depends on the youth of the chicken. When done, add salt and a dust of nutmeg.

Oyster and Chicken Pie. — Cut up a small chicken at the joints, remove the skin.

Put in a frying pan half an ounce of butter previously dredged with flour; when hot add the chicken; toss it about a few moments, and add a pint of hot water, season to suit the taste, and simmer slowly three-quarters of an hour. Put into a pudding dish a tablespoonful of pieces of fat bacon; add a layer of oysters and then the pieces of chicken, another layer of oysters and the chicken broth; add the smallest bit of mace, and cover the top with paste; bake forty minutes; when done brush over the top a very little melted butter.

A pie made of beefsteak and oysters is a very appetizing dish, and is prepared much as the foregoing. In fact, meat and shellfish pies are always acceptable at luncheon.

Chicken, Economical use of. — When a large chicken is purchased for soup, or a sauce, cut two neat slices from the breast, and dip them in beaten egg; roll in crumbs, and fry in hot fat; serve with sauce tartar. There will be quite enough left for other purposes.

Calf's Liver en Brochette. — Calf's liver is not by any means a dish to be despised, but the manner in which it is usually served has brought it into disrepute. The butcher should cut the slices neatly and not wedge shaped; then cut them into two-inch squares. Cut a few

slices of bacon the same size; arrange them alternately on wooden skewers, and broil; squeeze a little lemon juice over them, dust over a little salt and pepper, and serve.

A Lenten Luncheon Dish. — Trim off all crust from three slices of bread, and grate the bread into a small round tin. Moisten it with milk; break into the dish three eggs; add salt and pepper to taste, and break the eggs slightly; strew over the dish a layer of grated Parmesan or American cheese, and bake a delicate brown.

Potted Pigeons. — A jar of pigeons is a very convenient thing to have in the house when friends arrive unexpectedly. Clean a dozen pigeons thoroughly. Put into a wide, short jar a layer of sliced onion; add the pigeons, and strew over them a tablespoonful of mixed whole spice; cover them with vinegar, and let them stand over night; drain. Put into a saucepan a layer of sliced bacon, and strew over it a thin layer of chopped onion; add the pigeons, and a bay leaf, a blade of mace, a dozen cloves, and a teaspoonful of whole allspice; cover, and allow them to cook slowly an hour; then add a pint of clear soup; cover, and allow them to cook an hour longer; remove the birds, strain the sauce, and skim off the fat. Put the birds in

a jar, add the sauce, and keep in a cool place until wanted.

When birds of almost all kinds are reasonable in price, they are are invariably at their best; and families should liberally patronize them, as they are a most acceptable change from a monotonous diet of meats fresh from the butcher.

Blackbirds en Brochette. — Clean the birds nicely; arrange them on skewers with alternate layers of pieces of bacon; brush a little melted butter over the birds, and broil over a slow fire six minutes. When done, pour a little maitre-d'hôtel butter over them, and serve on skewers. (All birds such as rice, reed, sparrows, and all small birds of the snipe family, may be served in this manner.)

Calf's Brains are often neglected by many who serve calf's head, one reason being that they do not know how to prepare them. For luncheon the following mode is the best.

Croquettes of Calf's Brains. — Let the brain stand in cold water an hour, wash it well, and remove the membranous covering carefully without injuring the appearance of the brain; put it in a saucepan; add a quart of water, for each whole brain half a teaspoonful of salt and two tablespoonfuls of white wine vinegar. Sim-

mer half an hour, and the brain is ready to serve with almost any kind of sauce, or to be cut into slices, dipped into egg or batter, and fried. To make croquettes, mince the brain fine ; add one minced boiled sweetbread, a tablespoonful of fine cracker dust, the yolk of two eggs, a salt-spoonful of white pepper, two of salt, and a few spoonfuls of milk, just enough to make a thick paste, and keep on ice until wanted. When firm, shape it into cones, corks, or balls, dip them in beaten egg, then roll in crumbs, and drop them in a pan full of hot fat ; drain them a moment on a thick towel, arrange them neatly on a hot dish, garnish with tufts of parsley and slices of lemon, and serve.

Stewed Beef with Dumplings. — Select the ends of the roast before it is cooked, or the ends of the meat purchased for steak. Cut it in neat even-sized pieces, and if too fat remove a part of it. Put in a frying pan a quantity of the surplus fat, and when it liquefies add a table-spoonful of minced onion, fry quite brown, then add about two pounds of the meat, toss it about a few minutes until the sides of each piece are slightly fried ; then add hot water enough to partly cover the meat ; bruise six whole peppers, and add them with three whole cloves, a stalk or two of celery, and part of a small cherry pep-

per; simmer two and a half hours, take out the meat, and strain the sauce. Peel and parboil a dozen small potatoes, put six of them in a stew-pan, add the meat, then the six other potatoes, pour in the strained sauce, and if on hand add three half pints of soup stock, if not add hot water; simmer thirty minutes, and add a liberal quantity of dumplings; cover, and boil slowly fifteen minutes longer. Put the ingredients on a platter, have them arranged neatly, and boil the sauce rapidly until reduced one-third, taste it for seasoning, pour it over the dish of beef, potatoes, and dumplings, and serve. Prepare the dumpling as follows: Three half-pints of sifted flour, two teaspoonfuls baking powder, two-thirds of a teaspoonful salt; mix with three gills of lukewarm milk, and add spoonfuls of dough to the stew.

A very nice stew is made on the above plan by substituting veal, mutton, rabbits, or squirrels, for beef.

Flank Steak. — Housekeepers do not thoroughly appreciate this piece of meat; but butchers and professional cooks do, for they prefer it to tenderloin, although it rarely costs more than a trifle per pound. It is the boneless part of the flank, and is secreted between two layers of creamy fat. There are two ways of cutting

it for broiling purposes. One is to slice it diagonally across the grain; the other, to divide it in two, and trim off the uneven ends. It should be well basted with melted butter, or, better still, olive oil, and broiled over a moderate fire.

This piece of meat is most excellent for making many kinds of made dishes, and is at its best when used as potted or rolled or spiced beef.

It makes a delicious beefsteak pie, and is one of the most economical and useful cuts of the animal.

Roast Tenderloin of Beef. — Select a piece cut from the largest end of the tenderloin, trim off most of the fat, and cut away the tough case-like covering. Lard it nicely, put it in a baking tin, surround it with a few young carrots, turnips, and potatoes; season nicely with salt, pepper, and the slightest suspicion of nutmeg. Add a little hot water or stock, and bake. When done put the pan on top of the range, pour in half a pint of hot water, and let it simmer a moment, then strain into a frying pan; add half a gill of sherry and a teaspoonful of browned flour; simmer and stir; when quite thick add a few chopped mushrooms, and serve with the meat.

Lamb's Liver. — This is a tidbit rarely served at the tables of private families, but we

recommend it when obtainable. It is not only tender, but it has a delicate flavor which is highly appreciated by epicures.

Cut into thin slices, and fried or broiled, it is quite acceptable.

When served *en brochette* it will be found an excellent luncheon dish.

Lamb's Liver, sauté, with Potatoes. — Cut the liver into thin slices, and cut the slices into small square dice. Peel a few raw potatoes, and cut them into dice the size of the pieces of liver. Put into a pan a little dripping, and add the pieces of liver. Put into another pan an equal amount of potatoes and dripping. Cook both about five minutes, and add the potatoes to the liver. Now add a gill of broth or hot water, and cover the pan; let simmer twenty-five minutes, and, should the liquid evaporate, add a little more to it. When the potatoes are tender, the dish is cooked. Then turn it into a hot dish, add salt and pepper, and strew over the top a few blades of chives cut with scissors.

Lamb's Liver au Gratin. — Prepare and cook the dish as in the foregoing recipe. Then put it into a small tin, and strew over it a layer of grated cheese; put into an oven, and, when brown, serve in the dish in which it was cooked.

Cold Tongue. — Cold tongue may be prepared for the luncheon table as in the recipes for cold ham, also as a curry, and as a salad it is delightful. When cut up small and cooked with eggs, and then served on toast, it is very nice; one could not possibly object to it cooked as follows: —

Cold Tongue with Nudels. — Cut into long, thin strips, six slices of cold tongue, simmer them for five minutes in hot water. Boil half a pound of broad nudels (which are obtained from the grocers) in milk enough to just cover; simmer fifteen minutes, and drain. Butter a mould or small baking tin, and line it with the nudels; add a thin layer of the tongue and a layer of sliced mushrooms, another layer of nudels, and so on until the ingredients are used. Season with white pepper and very little salt; add the milk in which the nudels were boiled; strew over the top a thin layer of bread crumbs, and over these a liberal layer of grated cheese; bake a delicate brown, and I am certain it will please.

Nudels. — Germans are celebrated for "Nudels," or home-made macaroni, which take the place of the Italian preparations, and have the advantage of one's knowing their composition when they are made at home. Work into two beaten

eggs as much flour as they will take, and knead to a smooth, stiff dough; divide this into six equal parts, and work them into balls; put one at a time on a very smooth bread board, and roll it out with a straight even-surfaced rolling-pin until it is transparent in every part; lay each sheet on a clean towel as soon as finished, and by the time the last ball is rolled out, the first will be dry enough to cut as follows: Cut the sheet into quarters, place them on top of each other with their cut edges quite even, and cut them with a sharp, thin, steel knife, into very narrow, cord-like stripes; spread them apart to dry; continue this process until all are cut. The sheets may be stamped out with fancy-shaped cutters; when doubled the forms will split apart when cooked. White nudels are made with flour and white of eggs. If intended for future use, dry them well, cover them with paper, and keep in a dry place. When wanted for soups, boil them twelve to fifteen minutes in the soup; let them float on top a few minutes, and serve.

Venison Steak, Sauce Béarnaise. — Venison can be served in as many ways as beef, and is supposed to be more easily digested. Select a thick steak from the leg, brush over it a little butter, or, better still, olive oil, and broil it. Put it on a hot dish, and squeeze a little

lemon juice over it; pour around it a well-made sauce Béarnaise, and serve.

Sauce Béarnaise. — Reduce a gallon of strong soup to a quart by long boiling, and keep it warm. Beat up the yolks of four eggs, turn them into a buttered saucepan, whisk them, and gradually add a pint of the reduced soup (which is called glaze); add, while whisking, a tablespoonful of vinegar strongly flavored with garlic (or, if liked, a quantity of the juice from bruised garlic or shallots), and the juice of a lemon. After beating the eggs, stir them in the pan continually with a wooden spoon, and do not let the sauce boil at any time; when smooth, serve.

A few mushrooms may be added to the sauce if desired. The mention of garlic may prevent many from trying this sauce, but a trial of it will convince one that the sauce is imperfect without the flavor of this odoriferous bulb.

Venison Steak in Chafing Dish. — Select a cutlet or rib chop, an inch thick, and having a thick border of fat. Put in a chafing dish a pat of butter; light the spirit lamp, and when the butter melts, add the meat. Cook one side a few moments, then the other; turn two or three times during the five to seven minutes cooking. When half cooked, add half

a gill of sherry, a heaping teaspoonful of currant jelly, salt and pepper. Turn the meat in the sauce, and cover the dish. Serve with hot plates, and pour the sauce over toast.

Cheese Toast. — Put half an ounce of butter in a frying pan; when hot, add gradually four ounces of mild American cheese. Whisk it thoroughly until melted. Beat together half a pint of cream and two eggs; whisk into the cheese; add a little salt, pour over toast, and serve.

Cheese Fondu. — Melt an ounce of butter, and whisk into it a pint of boiled milk. Dissolve two tablespoonfuls of flour in a gill of cold milk, add it to the boiled milk, and let it cool. Beat the yolks of four eggs with a heaping teaspoonful of salt, half a teaspoonful of pepper, and five ounces of grated cheese. Whip the whites of the eggs, and add them; pour the mixture into a deep tin lined with buttered paper, and allow for the rising, say, four inches. Bake twenty minutes, and serve the moment it leaves the oven.

Sausages. — Sausages left over from breakfast may be served at lunch, and when served with a water-cress salad they are a very appetizing dish. Sandwiches made from cold sausages, when cut lengthwise, are often served at

lunch ; the bread should not be much larger or longer than the thin slice of sausage.

Ham. — Cold boiled ham becomes monotonous when served in one way continually, and the housewife should study variations.

Deviled Ham is appetizing, and, when not too highly seasoned, ladies can enjoy it. Put into a dish a heaping teaspoonful of French mustard ; thin it out with a teaspoonful of lemon juice ; add a scant saltspoonful of curry powder, and a dash of cayenne ; mix, and spread it over a slice of cold boiled ham ; broil this a moment, and serve with sliced lemon.

Ham in Chafing Dish. — Put into a chafing-dish half a teaspoonful of butter ; light the lamp, and when the butter melts add two tablespoonfuls of fruit jelly, and a dash of cayenne ; simmer, and add a tablespoonful of sherry ; simmer a slice of ham in this a few moments, and serve with toast.

The ham may be cut fine and cooked as the foregoing if desired.

There are many other appetizing forms in which cold ham may be served, and the housekeeper should experiment a little on her own responsibility.

Ham à la Russe. — Select a small ham ; trim off all rusty-looking parts, and scald the

ham. Let it remain in the hot water five minutes; drain, and dry with a cloth. Prepare a dough, the same as for bread; cover the ham with it, and bake in a moderate oven two hours; remove the dough and the skin, dust a little sugar over the top, heat the coal shovel in the range, and hold it close enough to the sugar to singe it, then serve with or without sauce.

Spare Ribs with Apple Fritters. — Select freshly-cut short ribs, well covered with meat; cut them so as to have two ribs in each piece. Broil in the usual manner; pour over them a sauce made of lemon juice, salt, pepper, and a little French mustard, and serve with apple fritters.

Frankfort Sausages. — These sausages, being smoked, are very appetizing. While they are characteristically a German dish, they may be made more healthful by much longer cooking than is usually given them. Our German brethren are quite satisfied with "Frankfürter" cooked but a few minutes; but as these sausages contain pork, they, in my opinion, require twenty minutes' boiling. A very nice way of cooking them is to heat them in a hot frying pan a few minutes, then add boiling water, and boil them rapidly until done. If they can be steamed, they will be found excellent.

Pigs' Feet. — Over two prepared pig's feet, split in two, brush a little butter, and broil them. When done, squeeze a little lemon juice over them, add salt and a little cayenne. They may be served plain, or with any of the *piquante* sauces.

(The "French" pigs' feet found in market are the most acceptable, as they are thoroughly cleaned, and some of them already boiled; but I consider them better when placed raw in a marinade pickle for a few hours, then dried and either broiled or sautés. Pigs' feet deviled are a very good dish.)

OYSTERS AND FISH

CONTENTS.

PAGE

INTRODUCTORY 11
THE OYSTER 11
The Oyster Season 11
Oysters out of Season 12
Oysters Preserved in Shell . . 12
The Food of the Oyster . . 14
Formation of the Deep Shell . . 14
Cock Oysters 15
Green Oysters 15
Banquet Oysters 16
Ordering Oysters for the Family Table, 17
How Oysters should be Opened . 18
How to serve Raw Oysters . . 18
Collation Service 19
How to Eat a Raw Oyster . . 19
A Barrel of Oysters 20
Read This ! 20
COOKED OYSTERS 21
Stewed Oysters 21
Philadelphia Fried Oysters . . 22
Curry of Oysters 24
Pickled-Oyster Omelet . . . 24
Deviled Oysters on Toast . . 24
Pickled Oysters 24
Scalloped Oysters 25

PAGE

Oyster Salad 25
Plain Fried Oysters . . . 26
Miss Parloa's "New Cook-Book" . 26
Oyster Toast 26
Oyster Omelet 26
Oysters, Broiled 27
Tripe with Oysters . . . 27
Oysters en Brochette . . . 27
Fried Oysters 28
Oyster and Canned Salmon Pie . 28
Oyster Patties 28
Oysters à la Poulette . . . 29
Pie of Oysters and Scallops . . 29
Steamed Oysters 30
To Serve Steamed Oysters . . 30
Roast Oysters 31
Baked Oysters 31

CLAMS 31
Little-Neck Clams . . . 31
Soft Clams in Chafing-Dish . . 32
Stewed Little-Neck Clams . . 33
Soft Clams 33
Soft-shell Clams Scalloped . . 33
Clam Toast 34
Clam Broth 34
Clam Fritters 34
Fried Soft Clams 35

PAGE

CRABS 35
Hard-shell Crabs 35
Crab Patties, Cream Sauce . . 36
Soft-shell Crabs 37
The Care of Soft Crabs . . 38
Crabs, Soft-shell 39
Crab Croquettes 39
Crab Patties, à la Bechamel . . 40
Crabs, à l'Américaine . . . 41
Crabs, Deviled 41
SCALLOPS 42
Scallop Broth 42
Small Patties of Scallops . . 43
Fried Scallops 43
Scallops en Brochette . . . 44
Stewed Scallops 44
MUSSELS 44
The Mussel 44
THE LOBSTER 45
Remarks on the Lobster . . . 45
The Season for Lobster . . 45
Soft-shell Lobster not Edible . . 46
Selecting Lobsters 46
Value of the Lobster as Food . . 46
Broiled Lobster 47
Lobster Croquettes with Pease . . 48
Lobsters en Brochette . . . 48

PAGE

Deviled Lobster 49
Stewed Lobster, à la Créole . 49
Curry of Lobster 50
Lobster Salad 50
THE OYSTER CRAB 51
To Serve Oyster Crabs . . . 52
Oyster-Crab Omelet 52
Oyster-Crab Sauce 52
Acknowledgment 53
SHRIMPS 53
Market Price of Shrimps . . . 54
Shrimp Omelet 54
Shrimp Sauce 54
PRAWNS 54
Curry of Prawns 55
Prawns, Deviled, en Coquille . 55
Prawns, Sauté, à la Marengo . . 55
Prawn Salad 56
CRAYFISH 56
Crayfish Omelet 57
SALMON 57
Salmon Steak 57
Canned Salmon 57
Salmon Patties 58
Salmon Surprise 59
Salmon à la Créole 59
Salmon Pie 60

PAGE
Salmon in Jelly 60
Salmon Omelet 61
Salmon, German Style 61
Salmon à l'Italienne 61
Salmon à la Hollandaise . . . 62
Salmon, Hunter's Style 62
Bouillabaisse 63
CODFISH 63
Boiled Codfish, Oyster Sauce . 63
Codfish Tongues 64
Codfish Steak 64
New-England Codfish Balls . . 65
Baked Cod 66
Salt Codfish with Cream . . 66
Scrod 67
BROOK TROUT 67
Brook Trout, Sportsman Style . . 68
Broiled Trout 69
Brook Trout, Baked 69
Brook Trout, Boiled 70
MISCELLANEOUS 70
Catfish, Fried 70
Tenderloin Trout 71
Fricasseed Eels 71
Eel Patties 72
Stewed Eels, Hoboken Turtle Club Style, 72
Pan Bass, Anchovy Butter . . 73

PAGE

Fillet of Flounder, Tartar Sauce . 74
Fried Tomcods 75
Broiled Salt Codfish 75
Broiled Salt Mackerel 76
Fried Porgies with Salt Pork . . 77
Fish Curries 78
A Plain Fish Curry 78
Curry of Scallops 78
Curry of Crayfish 79
Curry of Eels, with Rice . . 79
Curry of Shad Roe 79
Curry of Frogs' Legs 80
Broiled Weakfish 80
Baked Whitefish, Bordeaux Sauce . 81
Halibut, Egg Sauce 82
Egg Sauce 82
Fried Butterfish 82
Broiled Shad 82
Baked Shad 83
Shad Roe à la Poulette . . 83
Broiled Royans 84
Broiled Sardines 84
Broiled Smelts, Sauce Tartare . . 84
Smelts Fried, Sauce Tartare . . 85
Broiled Whitefish 85
Sheep's-head with Drawn Butter . 85
Drawn Butter 86
Broiled Sheep's-head 86

INTRODUCTORY.

WOULD it not be beneficial, were the average American to substitute fish for the everlasting steak and chop of the breakfast-table?

For the sake of variety, if for no other reason, we should eat more fish; and it need not always be fried or broiled. A well-made fish stew or a curry should be acceptable to the majority of us, and undoubtedly would be if appetizingly prepared.

This little work does not by any means propose to exhaust the subject of sea-food, for the subject is almost inexhaustible; but it places within the reach of all a series of recipes and suggestions extremely valuable to the average housewife.

THE OYSTER.

The Oyster Season opens in the city of New York on the first day of September, and closes on the last day of April in each year.

The annual amount of business done in the oyster trade is close on to $5,000,000. Each successive year witnesses an increase in the business.

Notwithstanding the R canon, there are thousands of persons who eat oysters at the summer resorts along the seashore throughout hot weather.

Oysters out of Season. — The writer does not recommend the eating of oysters out of their season, no matter how fresh they may be, or how appetizing they may appear.

To supply the demands made upon them by summer resorts, oyster-planters shift the oysters, during the spawning season, from warm shallow water to cold deep water. This checks or prevents the oysters from spawning, and to all appearance they are edible; but the writer firmly believes that interfering with the laws of nature affects the health of the oyster, and they cannot be as wholesome as planters would have us believe.

Oysters Preserved in Shell. — So long as the oyster retains its natural juices, it will live out of water, provided the changes in the temperature are not too sudden. The moment the oyster opens its shells, however, the juices run out, and in a short time afterward the oyster

dies. To prevent the oyster opening its stony overcoat, is the object of oyster-shippers; and the Patent Office bears witness to their many devices having this object in view. Some wire the shells, others clasp or envelope the broad end of the shells with tin or other metal. No doubt these devices aid in keeping the oyster alive and fresh a little longer. Whether the nervous system of the oyster is affected by the process, is a question. Scientists tell us that oysters possess organs of sensation, and all who have handled oysters learn in time that a sudden jar or shock will kill them. The jar of the machinery of a steamboat will sometimes kill an oyster. When shipped to Europe they are ordered to be stored as far away from the machinery as possible. Some authorities claim that the oyster can hear. One cannot noisily approach an oyster-bed at feeding time without their hearing, and instantly every shell is closed. A cloud or a boat passing over an oyster-bank will cause every shell to close with proverbial tightness, and the sound of thunder will often kill them while they are in transit, — conclusive evidence that the nervous system in an oyster, while not highly developed, is of sufficient importance to merit attention from those who roughly handle oysters.

The Food of the Oyster consists of minute animal and vegetable organisms and small particles of organized matter. Ordinary sea-water contains an abundance of this sort of food, which is drawn into the gills with the water. As the water strains through the pores into the water tubes, the food particles are caught on the surface of the gills by a layer of adhesive slime. As soon as they are entangled, the microscopic hair-like projections on the gills strike against them in such a way as to slide them along the gills toward the mouth. When they reach the anterior ends of the gills, they are pushed off, and fall between the lips, which are also covered with thin hair-like projections, which carry the particles forward until they slide into the mouth. No wonder the intelligent tramp wished that he might become an oyster. His food would then come to him in a sort of endless progression.

Formation of the Deep Shell. — Although the oyster lies upon the bottom with one shell above and one below, the shells are not upon the top and bottom of the body, but upon the right and left sides. The two shells are symmetrical in the young oyster; but after it becomes attached, the lower or attached side grows faster than the other, and becomes

deep and spoon-shaped, while the free valve remains nearly flat. In nearly every case the lower or deep valve is the left.

Cock Oysters. — There is a belief among oyster-eaters, that the dark-gray or black oysters are male oysters, and are therefore superior to the female oyster. Such misinformation was evidently promulgated by oyster-openers in anticipation of a tip for serving selected oysters. There is no truth in the assertion, however, for there are just as many black female oysters as there are black male oysters. There is no characteristic color by which a male or cock oyster can be distinguished from a female oyster. Microscopic examination, or a scientific eye, is the means of discovering the sex of an oyster.

The black-oyster romance is of ancient origin. The Roman oyster-smashers successfully "worked it" on Pliny, Horace, and other ancient writers and epicures.

Green Oysters. — At least a million dollars worth of oysters are annually destroyed in New-York waters by sludge acid from the oil refineries and illegal dumpings. The acid kills the oysters the instant it touches them, and turns them green. There is very little danger that a poisoned oyster will reach the consumer, but the loss to the planter is enormous.

The green tint of the oyster, or in fact any distinguished color the oyster may possess, is due to the color of its food and to the nature of the surrounding bottom. The bottom of the Shrewsbury River is mud; the oysters take on a peculiar tawny color from their muddy bed. Rockaway oysters exist on a hard sandy bottom. If the beds are covered with sea-lettuce, as they often are, the oysters take on a delicate green tint. When the lettuce is removed by a strong tide or high wind, the oysters gradually assume their white, slightly grayish color. Their shells are round, thin, and brittle. The shells from mud bottoms are long, narrow, thick, and spongy. Intruded mud is enclosed by a thin layer of pearly shell.

The oyster epicure may rest assured of one fact. No matter what the color of an oyster may be, so long as it is alive and seasonable it is wholesome. It cannot absorb enough foreign matter to injure the epicure without committing suicide, and there is no possible danger of any one *swallowing* a dead oyster.

Banquet Oysters. — As served at the average public banquet, the raw oyster is a thing of terror to appetite and to weak digestive organs. When looking for one's seat, where, through an oversight, one is not furnished with a chart of

the tables, one beholds six very small emaciated oysters. The heat in the room has absorbed their moisture, afterwards the bed of fine ice on which they were placed has melted, and the water overflowed them, thereby finishing the work of destruction. One must be under the influence of the sherry and Vermouth of the reception-rooms, to be willing to begin the feast with such an introductory course. No wonder fashionable society demands a substitute for the oyster as the dinner season progresses. In the name of humanity, order the oysters to table and announce the dinner at the same time. Guests are willing to wait a few moments for toothsome oysters, provided they are direct from the ice-box.

Ordering Oysters for the Family Table. — Send the servant to the nearest dealer, a few minutes before the oysters are wanted, and let her wait for them. In this way one is quite sure of procuring freshly opened oysters. Many dealers begin opening oysters for their family orders hours before they are to be served; and the result is, they have lost much of their juices before being served.

Miss Parloa's "New Cook Book" says, "Six large oysters are usually allowed each person." This error should be corrected in future editions.

Large raw oysters on the half-shell are only served at oyster-counters to countrymen, and are not served at a dinner, no matter how unpretentious or how elaborate the affair may be.

How Oysters should be opened. — In the author's work on "Luncheon," reference is made to the great care which should be exercised in opening oysters; and it will bear repeating. Reject all oysters opened by the "smashing" process. The shells are not only broken and ragged, but, should a person swallow a ragged splinter of oyster-shell, there is great danger of its killing him. Insist on it that your oysters are opened by the so-called "stabbing" process.

How to serve Raw Oysters. — If for a quiet family affair, where "opened" oysters are used, keep the plates in ice-water, and dry them before placing the oysters on them. For more pretentious affairs, but where fancy oyster-plates are not a part of the dinner service, use soup-plates. Fill them with fine cracked ice, place a dainty doily over each, and set the oysters on top of the doily. The lemon should be served on a side-dish, and not in the centre of the dish as though one were dining in a restaurant. Four small Rockaways are sufficient to serve at the ordinary course dinner. In nine

cases are out of ten, Rockaways are served instead of the Blue Points. It is therefore advisable to order the former ; the dealer might make a mistake if he had them in stock, and send the latter.

It is quite English to serve raw oysters on the flat half-shell, but it is quite American to serve them on the deep shell. The American way is the best.

Collation Service. — At evening collations, the oysters are served in the centre of a block of ice. A clear, square block of ice is selected, and a cavity or receptacle is made in it by the aid of a hot flat-iron held close to the ice. If one has patience, the cavity may be shaved out with an ice shave ; if a pick is used, one is likely to split the cake of ice. An ice boat is easily formed by holding a hot flat-iron to a long piece of ice. Holes may be made through the bottom of the block of ice, and filled with brilliant flowers ; and the outer sides and top should be handsomely decorated with flowers and smilax. If electric lights are used in the house, it is an easy matter to place them in the cake of ice : the effect is striking. The wires are carried from the room below the dining-room, or under the carpet.

How to eat a Raw Oyster. — Avoid as much as possible the use of condiments, when

eating oysters. They were never intended as an accompaniment of the oyster, and are only used by country people. A suspicion of lemon; a dash of salt when the dealer has kept them covered with cracked ice, and the descending ice-water washed out all sea flavor; and, for palates grown callous, a dash of cayenne. Such abominations as ketchup, Worcestershire sauce, etc., should never be used. Do not bolt the oyster, but masticate it; and one will soon learn to tell the different oysters by their different flavors. By bolting them, one will never know how to thoroughly appreciate them.

A Barrel of Oysters. — Persons living away from the city are advised to purchase oysters by the barrel. If kept with the deep shell down, and in a cool place, they will live a long time. The novice is likely to bruise fingers in vain attempts to open them; but, like carving, the opening of oysters should be part of a man's education. Then there is the charm of roasting the oysters in the old-fashioned fireplace. Here the novice may burn a finger or two, but then it's fun for the youngsters.

Read this! — In W. Mattieu Williams's "Chemistry of Cookery," I find the following: "More than half a century has elapsed since Dr. Beaumont published the results of his ex-

periments on Alexis St. Martin. These showed that fresh raw oysters required two hours and fifty-five minutes to digest, and stewed fresh oysters three and a half hours for digestion; against one hour for boiled tripe, and three hours for roast or boiled beef or mutton."

The general impression among the people is, that raw oysters digest almost as soon as they become of the same temperature of the stomach.

COOKED OYSTERS.

Stewed Oysters. — Boil half a pint of milk; add to it eleven good-sized oysters, a walnut of butter, a dash of salt and of pepper. Allow the milk to boil up just once, and serve.

The average cook puts the oysters on first, and after they boil cold milk is added. When the milk boils, the stew is served. The result of such treatment of the oyster causes it to shrivel so that it is hardly recognizable, and a good-sized oyster becomes a mere sprat. From this process of cooking originated the ancient moth-eaten jokes about church-fair stews.

Cooked as in the foregoing recipe, the oyster retains its plump characteristics.

Philadelphia Fried Oysters. — The author originally published this recipe in the New York "Evening Sun" by request.

The average New Yorker may call the City of Brotherly Love a sleepy sort of a place, but it is wide enough awake gastronomically. It has within its city limits cooks who prepare fried oysters that fairly melt in one's mouth. They are so delicate that there is not a pang of dyspepsia in a whole winter's supply of the toothsome dainties. The reputation of Finneli's Philadelphia fried oysters extends from Maine to California; and immense sums have been offered for the recipe, but its owner would not sell his secret at any price.

Beat up three eggs thoroughly; add half a pint of oyster-juice, a pepper-spoonful of cayenne, a saltspoonful of black pepper, a tablespoonful of salt, and a teaspoonful of English mustard. Work the mixture to a batter, and gradually add a gill of oil. Now comes the more particular part of the formula. Cover a board or part of a table with a layer of cracker-crumbs half an inch deep. Drain fifty oysters free from liquid, place them on the cracker-crumbs, and dredge over them more cracker-crumbs. See to it that one oyster is not on top of another. Pick up each oyster by its beard,

and dip it in the batter. Have ready a quantity of bread-crumbs grated from the white part of stale bread; spread this out on the table, and after the oysters have been dipped in the batter lay them carefully on the bread-crumbs two inches apart. After they are all spread out, turn them over neatly, which will bread-crumb the other side. Dip them in the batter again by taking hold of the beard, and again spread them out on the bread-crumbs. Under no circumstances place one oyster on top of another, or in any way press them together; this would make them heavy. When the fat is so hot that the smoke from it would light a match, then fry them by again taking hold of the beard, one at a time, and dropping them into the fat. When they are dark brown, take them up, and strew over them a quantity of salt.

The secret is in carefully handling the oyster after it has been breaded. How differently New York restaurants serve fried oysters! In almost every eating place in the city, one sees piles of oysters covered with a batter that plainly shows the cook purposely pressed them between his hands. When served they look more like liver-pads than human food. Nothing short of a human ostrich could possibly digest them. The Philadelphia oyster, however, is a culinary poem.

Curry of Oysters. — Put an ounce of butter in a pan; add to it a teaspoon of curry-powder, and water enough to prevent burning. Put fifteen oysters in just water enough to cover them, simmer three minutes, and drain; thicken the broth with a teaspoonful of flour, salt to taste, stir this into the curry; add the oysters, simmer a moment, and serve with boiled rice.

Pickled-Oyster Omelet. — Rinse six spiced or pickled oysters in cold water. Divide an ounce of butter into little balls, and roll them in flour; put them in a saucepan, heat gradually, and whisk to a cream; add a gill of hot water, salt and pepper. Cut the oysters in two, and add to the butter. Prepare an omelet in the usual manner; before folding, add the oysters; turn out on a hot dish, and serve.

Deviled Oysters on Toast. — Mix together a heaping saltspoonful of mustard flour, half a saltspoonful each of white pepper and salt, and the yolk of one egg. Dip six oysters in the paste, then in fine crumbs, and broil over a moderate fire. When done, arrange on toast, and squeeze over them the juice of half a lemon.

Pickled Oysters. — A few pickled oysters may be served instead of clams during warm weather. Scald a quart of oysters a moment, drain, and put them in jars. To a pint of oyster

liquor, add half a pint of hot water and half a pint of hot vinegar; pour over the oysters; add three cloves, four whole peppers, a small bit of mace, and a slice of lemon, to each jar. This will be sufficient for two ordinary fruit-jars.

Scalloped Oysters. — Put in the bottom of a yellow dish two ounces of sweet butter, divided into little pieces. Add a layer of raw oysters, and cover them with cracker-dust or bread-crumbs, and add salt and pepper to taste; another layer of oysters, and so on until the dish is full, the last or top layer to be crumbs, and between each layer there should be a small amount of butter. Moisten the ingredients with a liberal quantity of oyster liquid, put small butter balls on top of the dish, and bake a delicate brown color. Oysters were formerly baked in a scalloped or shell-shaped dish, hence the name.

Oyster Salad. — Boil two dozen small oysters for five minutes in water enough to cover them; add a little salt and a tablespoonful of vinegar; drain and cool. Put into a salad-bowl the centre leaves of two heads of cabbage lettuce, add the oysters whole, pour over them a mayonnaise; garnish with oyster-crabs, hard-boiled eggs, and, if liked, a few anchovies cut into fillets.

Plain Fried Oysters. — As a rule, fried oysters are not served as a breakfast dish, owing to the coating with which they are usually surrounded. Served plain, however, they are quite acceptable. Dry them well in a napkin, and roll them in a little flour to insure that they are quite dry, then cook them in a very little hot dripping.

Miss Parloa's "New Cook-Book" says, "a quart of oysters is enough for a party of ten" (p. 118). There are from twenty to twenty-five oysters in a quart, rarely more than this.

Oyster Toast. — Select fifteen plump oysters; chop them fine, and add salt, pepper, and a suspicion of nutmeg. Beat up the yolks of two eggs with a gill of cream; whisk this into the simmering oysters. When set, pour the whole over slices of buttered toast.

Oyster Omelet. — Stew six oysters in their own liquor for five minutes; remove the oysters, and thicken the liquid with a walnut of butter rolled in flour; season with salt and cayenne; whisk this to a cream. Chop the oysters, and add them to the sauce; simmer until the sauce thickens. Beat up four eggs lightly, and add a tablespoonful of cream; turn out into a hot pan, and fry a light gold-color. Before folding the omelet entirely, place the oysters with part of

the sauce within, and turn it over on a hot dish. The remainder of the sauce should be poured round it.

Oysters Broiled. — Rub the bars of a wire broiler with a little sweet butter; dry twelve large, plump oysters in a napkin, and place them on the broiler; brush a little butter over them, and broil over a fire free from flame and smoke. When done on both sides, arrange them neatly on toast; pour a little well-seasoned melted butter over them, and serve.

Do not bread-crumb oysters intend for broiling.

Tripe with Oysters. — Tripe, when properly prepared by a simple process, is very nutritious and easily digested.

Cut up half a pound of well-washed tripe; simmer for three-quarters of an hour in water slightly salted; take out the tripe; add to the broth a little butter rolled in flour, salt and pepper; add a little more flour if not thick enough. Return the tripe and a dozen oysters; simmer for a few minutes longer, and serve.

Oysters en Brochette. — Select one dozen choice oysters; plunge them into hot water a second to make them firm (this process is called blanching), then drain, and dip them into melted butter; arrange them on skewers with alternate

layers of neatly sliced bacon ; broil over a moderate fire. When done, add maitre-d'hôtel butter to them, and serve on the skewers.

Fried Oysters. — Beat up the yolks of four eggs with three tablespoonfuls of sweet oil, and season them with a teaspoonful of salt and a saltspoonful of cayenne pepper ; beat up thoroughly. Dry twelve fat oysters on a napkin ; dip them in the egg batter, then in cracker-dust ; shake off the loose cracker-dust, dip them again in the egg batter, and lastly roll them in fine *bread-crumbs*. Fry in very hot fat, using fat enough to cover them. The oil gives them a nice flavor.

Oyster and Canned Salmon Pie. — One pound of best canned salmon, one pint of solid oysters, half a pint of oyster liquid ; cover the bottom of the dish with neat pieces of the salmon, season with salt and pepper and an ounce of butter rolled in flour, add a few oysters, and so on until the ingredients are used. Pour in the liquid of both, and cover the top with paste. Bake in a moderate oven. There should be liquid enough to have the ingredients moist when served.

Oyster Patties. — Roll out a pound of light puff-paste, half an inch in thickness ; cut it into rounds with a cake-cutter two inches in

diameter; press a small cutter one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done, remove the centre and a little of the inside. Scald (or, as it is called, blanch) three dozen oysters; drain. Put into a saucepan two ounces of butter, whisk it to a cream; add a teaspoonful of flour, stir free from lumps; add a heaping saltspoonful of salt, and a pepperspoonful of white pepper; whisk into it half a pint each of hot cream and the oyster liquor; allow it to simmer a few minutes and to thicken; then add the oysters and a "squeeze" of lemon-juice; when hot fill the shells, and serve. If nutmeg is not objected to, a little may be used.

Oysters à la Poulette. — Blanch (scald) a dozen oysters in their own liquor; drain them, and add to the liquor, salt, half an ounce of butter, the juice of half a lemon, a gill of cream, and a teaspoonful of dissolved flour. Beat the yolk of one egg, and add to the sauce. Stir until the sauce thickens; place the oysters on a hot dish, pour the sauce over them, add a very little chopped parsley, and serve.

Pie of Oysters and Scallops. — Take one pint of fresh scallops, and wash them in cold

water; drain, and dry them in a napkin. Cut a few slices of fat bacon in strips small enough to insert the ends in a larding-needle; lard the scallops with them, and dredge them slightly with flour. Select one quart of fat oysters; line a baking-dish with puff-paste; add the scallops and oysters in layers; season with salt, pepper, and a dash of mace. Divide an ounce of butter into little balls, roll them in flour, and put them between the layers; add the oyster liquor. Cover with a top crust; bake forty minutes in a moderate oven.

Steamed Oysters. — Wash and scrub the shells thoroughly, and rinse them off in cold water. Put them in a steamer, large or deep shell *down*. Put the steamer on top of a pot of boiling water; steam about six minutes, or until the shells separate. Have ready a hot dish containing melted butter seasoned with a dash of Worcestershire, lemon-juice, salt and cayenne. Remove them from the steamer with gloved hands, and pick out the oysters with a flat knife, saving all the juice possible. Dip the oysters in the butter as you open them, and the number one can eat is surprising.

To serve Steamed Oysters. — Steam them as in the foregoing recipe. At each guest's place at table have ready little saucers containing

a quantity of the hot melted butter. Remove the flat shell, and serve the oyster in the lower shell; send about six oysters to each guest at a time.

Roast Oysters. — Clean the shells thoroughly, and place them on the coals in an open fire-place, or remove the top of range, and put them on the live coals, until they snap open, which they will soon do. Care must be exercised not to burn fingers.

At evening, young folks like the fun of roasting oysters in the furnace below stairs, and eating them from the shell as fast as the host can open them.

Baked Oysters. — Clean the shells thoroughly, and fill a dripping-pan with them, deep shell down. Look at them after ten minutes. If the shells are all opened, they are cooked enough. Melted butter, nicely seasoned, is the only sauce to serve with them.

CLAMS.

Little-Neck Clams. — From the first of September until the first of May in the following year, the clam — which is richer in nutrition than the oyster — is as meek and as gentle as a

clam can be. Yet it submits to all sorts of indignities from the oyster, and has never been known to talk back during the period mentioned. After the first of May, however, its manner changes, and it assumes metropolitan airs. It lords it over the oyster as a bantam struts around a helpless foe; and it plainly intimates to the oyster that moving-day was invented to celebrate its departure.

After May 1, the clam must be recognized as the *avant-coureur* of all dainty feasts. No summer dinner or supper of any pretensions is considered complete without the small clam. All the small clams in market are supposed to come from Little Neck, Long Island. Not one-quarter of the supply comes from this locality.

Soft Clams in Chafing-Dish. — Select a dozen large Guilford clams, wash them thoroughly, and plunge them into boiling water for a moment. Drain and open them, and use the round plump part only. Put in a chafing-dish a pat of butter, and when quite hot add a dash of flour, and cayenne to suit the taste; add the clams, and when they are slightly cooked add a gill of light sherry. Cover the dish, and allow it to simmer five minutes. Have ready three slices of toast, put four clams upon each slice, add a little of the hot sherry, and serve.

Stewed Little-Neck Clams. — Get two dozen freshly opened, *very* small clams. Boil a pint of milk, a dash of white pepper, and a small pat of butter. Now add the clams. Let them come to a boil, and serve. Longer boiling will make the clams almost indigestible.

Soft Clams. — Select a dozen soft-shell clams; wash them well; remove the shells; trim off the tough neck; place each clam on a half-shell, and add to each half a teaspoonful of finely-chopped bacon, a little cayenne, a very small bit of onion, and a pat of butter rolled in flour; strew over the top a little grated Parmesan cheese, and bake to a delicate brown. Cracker-crumbs may be used instead of the cheese if preferred.

Soft-Shell Clams, Scalloped.—Purchase a dozen large soft clams in the shell, and three dozen opened clams. Ask the dealer to open the first dozen, care being used not to injure the shells, which are to be used in cooking the clams. Clean the shells well, and put two soft clams on each half-shell; add to each a dash of white pepper and half a teaspoonful of minced celery. Cut a slice of fat bacon into the smallest dice, add four of these to each shell, strew over the top a thin layer of cracker-dust, place a pat of table butter on top, and

bake in the oven until brown. They are delightful when properly prepared.

Clam Toast. — Chop up two dozen small clams into fine pieces; simmer for thirty minutes in hot water enough to cover them. Beat up the yolks of two eggs; add a little cayenne and a gill of warmed milk; dissolve half a teaspoonful of flour in a little cold milk; simmer all together; pour over buttered toast, and serve.

Clam Broth. — Procure three dozen Little-Neck clams in the shell; wash them well in cold water; put them in a saucepan, cover with a quart of hot water; boil fifteen minutes; drain; remove the shells; chop up the clams, and add them to the hot broth with a pat of butter; salt if necessary, and add a little cayenne; boil ten minutes, pour into a soup-tureen, add a slice of toast, and send to table. This is the mode adopted when we do not have a clam-opener in the house.

Raw, freshly opened clams should be chopped fine and prepared in the manner above described. The large clams are better for chowders than for stews and broth.

Clam Fritters. — Chop medium fine twenty-five large quahaugs, or seventy-five Little Necks. To a pint of flour add the beaten yolks

of three eggs, half a teaspoonful of salt, a teaspoonful of lemon-juice, a dash of cayenne, and an ounce of melted butter. Mix well, and make a batter by adding about a gill of milk. Add the clams, and if the batter is too thick add a little of the clam broth. To make them light, beat the mixture well; drop spoonfuls in hot fat, and fry brown, as you would doughnuts.

Fried Soft Clams. — Select half a dozen of large Guilford clams. Remove the shells, and trim off the dark tough parts. Cut into dice a quarter of a pound of salt pork, and fry it. In the pork-fat fry the clams, but first dredge them with flour. Serve with a slice of broiled or fried fat pork.

CRABS.

Hard-shell Crabs. — The common blue crab is the species of the crab family which we are most familiar with. We remember how rapidly they darted away from us when we pointed the net towards them, when on our summer vacation. We also have vivid recollections of their anxiety to shake hands with us when in captivity.

Hard crabs are to be had during almost the entire season, and the average price asked for

them is $3.00 per hundred. Those found in market in winter were raked out of the mud, where they had buried themselves until the advent of warm weather.

Select a dozen hard crabs, and rinse them well in fresh water. Have ready a kettle two-thirds full of boiling water, slightly salted; plunge them into it, and boil them for about twelve minutes; drain, and when cool put them in the ice-box to become cold.

After the theatre, return home for supper, instead of patronizing the restaurant, and serve the crabs with sandwiches of buttered bread. A light sauterne may be served with them, if not objected to.

Crab Patties, Cream Sauce. — Roll out a pound of light puff-paste, half an inch in thickness. Cut it into rounds with a cake-cutter two inches in diameter. Press a small cutter one inch in diameter, on each round, one-fourth of an inch deep. Place them on a buttered tin, brush a little beaten egg over them, and bake in a quick oven. When done, remove the centre, and a little of the inside.

Put into a saucepan half an ounce of butter, half an onion minced, half a pound of minced raw veal, and a small carrot shredded. Toss about for two or three minutes to fry, but not

to color; then add two tablespoonfuls of flour. Mix it well with the other ingredients, and add three pints of hot water, a pint of boiling cream, half a teaspoonful of salt, and a saltspoonful of white pepper. Simmer one hour, and strain into a saucepan. Add to each pint of it half a gill of warm cream. Place back on range again, and simmer until reduced enough to coat the spoon, then strain into a crock, and whisk until it is cold. This is done to prevent the formation of a thick top. At this season of the year this is an excellent sauce to have on hand for patties, white fish sauces, and also for meat sauces. When wanted for patties, melt an ounce of butter. While whisking it, gradually add a pint of the sauce. Mix it with a quart of prepared crab-meat, obtainable at the grocer's. When hot, fill the shells with it.

Soft-shell Crabs. — When the blue crab is desirous of increasing his growth, he sheds his shell, and for a short period is perfectly helpless. The male usually retires to a secluded spot out of the reach of eels and other enemies, but the female soft shell is protected by a male companion whose shell is hard. At Sheepshead Bay these are called elopers or double crabs. As the tide changes, the soft shell begins to harden, when it is called "paper-shell," shedder,

or feeler. Before reaching its normal condition, the crab is called a buckler, and is only used as bait.

The Care of Soft Crabs. — Soft crabs require delicate handling and much care. They deteriorate rapidly after leaving the water, and are often killed in transit by the sudden jarring of the train. If a little care is exercised, they may be kept alive from six to ten days. First select vigorous crabs, remove them from the crate, and give them a bath in water slightly salted. Clean the crate thoroughly, renew or wash the seaweed which accompanies them. Strew over the bottom of the crate a layer of the seaweed, and place the crabs in the crate in layers, faces upward with side spines touching each other, and alternated with layers of seaweed. When the crate is full, cover it with more seaweed, sprinkle salt water over all, and set the crate in a dark, cool place. Sprinkle salt water over them from day to day, and renew the bath and fresh sea-tangle about every other day. Treated this way, they will keep in the hottest weather. One of the principal objects in covering them with seaweed is to keep the light from them. Sudden flashes of lightning, if seen by them, would frighten them to death. Their sensitive organization cannot

even stand the rumbling of thunder, and they should be stored away where they cannot hear it distinctly. The only care required in cleaning them for the table is to remove the feathery gill-like formations under the side spines, and the sand-pouch. Soft crabs are too delicate morsels to cover with batter.

Crabs, Soft-shell. — These should be cooked as soon as possible after being caught, as their flavor rapidly deteriorates after being exposed to the air. Select crabs as lively as possible; remove the feathery substance under the pointed sides of the shells; rinse them in cold water; drain; season with salt and pepper; dredge them in flour, and fry in hot fat.

Many serve them rolled in eggs and cracker-dust; but thus they are not as good.

Crab Croquettes. — Take one pound of crab-meat; gently press out the juice, and put it in a bowl with a tablespoonful of fine crumbs, half a teaspoonful of salt, half a saltspoonful of pepper, a dash of anchovy essence, the yolks of two eggs, and a very little cold water. If the eggs are not enough to make it the proper consistency, bind the ingredients together, and place on ice until wanted; then work into corks or cone-shaped forms, dip them in beaten egg, then in crumbs, and fry in hot fat.

Crab Patties, à la Bechamel. — Prepare the shells the same as for oyster patties (which see). Put into a saucepan half an ounce of butter, half a medium-sized onion minced, half a pound of minced raw veal, one small carrot shredded; toss about for two minutes to fry, but not to color; add two tablespoonfuls of flour, stir it about with the vegetables; then add three pints of hot water, or if convenient use hot soup-stock instead; add a pint of boiling cream. Season with half a teaspoonful of salt and a salt-spoonful of white pepper. Simmer one hour, and strain into a saucepan. Add to each pint of sauce half a wineglassful of cream. Simmer until reduced enough to coat a spoon; strain it again into a crock, and whisk it until cold, to prevent a thick top from forming. When wanted for patties, or any thing else, boil one pint of it with an ounce of butter, whisking it thoroughly. Prepare a quart of solid crab-meat, either picked from the shells or purchased already prepared; add it to a pint of the sauce; strew in a few shredded mushrooms: fill the crab-shells with this, and serve. On fast-days, omit veal and stock from meats, and use milk instead.

[This very excellent sauce was named after the Marquis de Bechamel, a worthless court-lounger and steward under Louis XIV. Why his

unsavory memory has been perpetuated by a gastronomic monument of worth, is one of those inexplicable historical facts that students of the art of cookery are continually stumbling upon. The close observer will not fail, however, to discover that nearly all dishes named after old French celebrities were stolen bodily from old Venetian and Provençal books of cookery, and were re-baptized after some of the most notorious profligates of the seventeenth and eighteenth centuries. Many of these old cook-books, like "Opusculum de Obsoniis de Honesta Voluptate," a volume printed at Venice, 1475 (the first cookery-book published), and others, contain recipes almost identical with French cookery of the past few centuries.]

Crabs, à l'Américaine. — Pick out the meat from the shells of four dozen boiled hard-shell crabs; squeeze out the water gently; put the meat in a bowl, and add the yolks of two raw eggs, salt, cayenne, and a very little chopped parsley, and two tablespoonfuls of bread-crumbs; roll the mixture into small balls or cakes; dip in egg batter, roll in cracker-crumbs, and fry to a delicate brown. They may be served plain or with tomato sauce.

Crabs, Deviled. — Pick out the meat of four dozen boiled hard-shell crabs, put it into a

bowl, and add a half-pint of mayonnaise. Mix carefully with your hand; wash a dozen of the shells, put a little of the mixture into each; grate a loaf of dry bread, season a pint of it with salt and pepper, sprinkle it over the crabs evenly; make twelve little balls of butter about the size of hickory-nuts; put one on top of each crab, and bake in a quick oven.

SCALLOPS.

The scallop-shell is familiar to even the children who have visited the seashore, and the novice wonders why so small a tidbit should require so large a shell. The edible part of the scallop is only the powerful central muscle by which the mollusk opens and closes its shell. The medium-sized scallops are the best. The very large and very white variety are more than likely to have been inflated and bleached by the aid of saleratus.

Scallop-shells were extensively used in ancient cookery, and gave to various dishes the prefix "scalloped."

Scallop Broth. — The peculiar flavor of scallops is quite attractive to the convalescent, and a broth made from them is nourishing; but

care should be exercised in selecting the shell-fish. To improve their appearance, shippers add quantities of saleratus to the scallops, which has the effect of bleaching them, and increasing their size: this custom may please the dealers, but not consumers. Select medium-sized scallops of a natural creamy color, wash them, and cut them into small pieces. To half a pint of these, add half a pint of warm water and half a pint of milk, a "pea" of butter, and a pinch of salt; simmer for twenty minutes; strain and serve.

A pint of milk and no water may be used if the patient desires it.

Small Patties of Scallops. — Wash a pint of scallops, drain, cut them up, and scald them; then put them in just milk enough to prevent burning. Add salt and white pepper, simmer until quite tender, and thicken with half a teaspoonful of flour dissolved in cold water. Pour this mixture in small patty-shells (see recipe for oyster patties), and serve after the soup and before the fish, or as an entrée.

Fried Scallops. — Rinse a pint of scallops in cold water slightly salted, then dry them in a napkin, and dredge them slightly with flour. Fry them in pork-fat. Egg batter and crumbs are not recommended.

Scallops en Brochette. — Drain twenty-four medium-sized scallops in a napkin. Parboil them a moment. When cool arrange them on four skewers, six on each, alternated with thin slices of bacon the size of the scallops in width. Brush over the scallops a little melted butter, and broil. When done, serve with tufts of water-cresses and lemon.

Stewed Scallops. — Scald fifteen scallops, and put them into a stewpan with half a pint of boiling milk, a dash of cayenne, and a salt-spoonful of salt. Just before serving, add very little table butter.

MUSSELS.

The Mussel is called the poor man's oyster; but why the poor should have a monopoly of this very useful shellfish, the writer is at a loss to comprehend. During warm weather the spiced mussel is a treat: it may have the honor of ushering in a family dinner instead of the clam, and at collations and suppers it should be welcome. As they may be purchased at from eighteen to twenty-five cents per quart, it is a waste of time to pickle them at home, unless living at the seashore.

THE LOBSTER.

Remarks on the Lobster. — It takes a lobster about five years to arrive at maturity, or over ten inches in length. The spawning season depends upon the temperature of the water. Along the Sound, the season begins in June, and ends in September.

The Season for Lobster. — Lobsters are at their best before the spawning season. They are then filled with roe, or coral as the red spawn is called by some. This is a great delicacy, and is highly esteemed by epicures. After the spawning season, which is late in the summer, they are in very poor condition, and should not be offered for sale until cool weather.

The green part in the body of the lobster is called the tom-alley by New-England folks. It is excellent eating.

The external spawn adhering to the tail of the female lobster, when not highly developed, is edible, and is used in garnishing and making lobster butter, paste, and cardinal-fish sauces.

It is a curious fact, that the lobster changes or re-makes a shell from eight to ten times the first year, five to seven the second, three to four the third, and from two to three the fourth

year. So says Professor G. O. Sars of Norway, about the European lobster, whose habits agree more or less closely with those of the American lobster.

Soft-shell Lobster not edible. — After the fifth year the change of shell is only annual. A soft-shell or shedder lobster, unlike the soft-shell crab, is not edible, and if eaten is likely to produce ill effects. In a soft condition the lobster itself is sick, and is therefore unfit for food.

Selecting Lobsters. — Always select a firm shell, of a deep dark-green color. Light-colored, thin-shelled lobsters are likely to be lean and poor. When plunged into the boiling water, the joints contract, and the tail draws under, provided the lobster was alive at the time of immersion. If dead when boiled, the tendons are relaxed, the claws hang loosely, the tail will not possess a spring-like tenacity when straightened out. Select the former, and reject the latter.

Value of the Lobster as Food. — According to Professor Atwater of Middletown, Conn., the nutritive value of the flesh of the lobster, compared with beef as a standard and reckoned at 100, is 61 to 97. Forty per cent of the lobster is edible, the remainder is shell and waste.

Buckland says, "That phosphorus exists in large quantities, may be easily proved. A lobster in hot weather, when it ceases to be fresh, assumes a highly phosphorescent appearance when seen in the dark, equal if not superior to that of a glow-worm or luminous centipede. This light increases by friction. . . . The pressence of phosphorus in the lobster is of great importance to the consumers of these sea luxuries. There is no substance which conveys phosphorus so readily into the human system in an agreeable form, and which the system so readily and quickly assimilates, as the flesh of crabs and lobsters."

Broiled Lobster. — Select a live and active lobster not less than ten and a half inches long. (If below this measurement, the dealer should be arrested for breaking the law which protects the lobster.) Split it in two lengthwise, which instantly kills it. Remove the entrail through the fleshy part of the tail, and the crop or stomach near the head. This done, there are two ways of preparing it for table. One is as follows: —

Remove the flesh from the tail, and brush over it a little melted butter or olive-oil; broil it gently, but not too well done. Heat the shell, put the meat back in the shell again, add more

butter, salt, pepper, and serve on hot plates. The body parts may be boiled, and furnish dainty pickings for a late meal.

The other way is that which is generally adopted by restaurants. Brush a little butter over the entire half of the green lobster; broil the shell side thoroughly first, then turn, and broil the other. Serve with maitre-d'hôtel sauce.

A lobster that has once been boiled and then broiled is so thoroughly over-cooked as to be very indigestible.

Lobster Croquettes, with Pease. — Boil one-half pint of milk, thicken it with a tablespoonful of flour, and let it become cold. Mince the meat of a one-pound can of lobster, or one pound of fresh lobster; when very fine, add a saltspoonful of salt and half a saltspoonful of white pepper. Moisten the lobster mince with the thickened milk, and work the whole to a paste; add very little bread-crumb if too thin; let it become amalgamated over the range, and place in the ice-box until wanted; then shape it into neat rolls or cones; dip them in egg and crumbs, and fry in plenty of hot fat. Arrange the forms neatly on a dish, put round them a border of pease, and serve.

Lobsters en Brochette. — Instead of boiling the lobster-tails, cut them in pieces, and

arrange these on small skewers, alternated with small pieces of bacon; brush melted butter over them, and either broil or bake them; serve with sauce tartare (which see on p. 84).

Deviled Lobster.—Take two live lobsters, remove the tails, split them in two, and make several incisions in them crosswise. Mix together half a teaspoonful of salt, a saltspoonful each of dry mustard and curry, and half a saltspoonful of white pepper, add a tablespoonful of oil; mix, spread it over the lobsters, and broil them. When done, return to the shells, which should have been kept hot for the purpose; pour a little melted butter over them, and serve.

Stewed Lobster, à la Créole.—Remove the tail part of the meat from three green lobsters; split them in two lengthwise; remove the thread-like intestine. Melt an ounce of butter in a deep frying-pan; add the lobster; toss it for a few minutes in the butter; add salt and pepper and half a pint of hot water; cover, and simmer three-quarters of an hour; drain, and reduce the water one-half by rapid boiling. Put in a saucepan half an ounce of butter and a tablespoonful of minced onion; fry brown, and add three peeled and sliced tomatoes, one sweet pepper, four okra pods cut small, and half a teaspoonful of salt. Allow these to cook fifteen

minutes, add the broth, and simmer until reduced to a pulp; rub through a sieve; put this *purée* on a hot dish, place the lobster on top, add a little lemon-juice, and serve.

Curry of Lobster. — Remove the meat from two boiled lobsters, cut it into neat pieces; take all green fat and coral, and set them aside; mix the green fat with a heaping spoonful of curry-powder. Squeeze out the juice of three limes, and add to it half a teaspoonful of powdered sugar. Put into a frying-pan an ounce of butter; when creamed add a teaspoonful of minced onion browned a little; now add the mixed curry-powder; dissolve a teaspoonful of rice-flour in cold water, add this to a pint of hot water or soup-stock, simmer until thick; now add the lobster, and simmer twenty minutes longer. Wash and dry the coral, separate it. Prepare a border of rice on a dish, and over it sprinkle the coral and eggs (if any); pour the curry in the centre, and serve.

Lobster Salad. — Take two live hen (female) lobsters; boil them thirty minutes; drain. When cold, break them apart; crack the claws, and if the tail-fins are covered with eggs remove them carefully. Take out the sand-pouch found near the head; split the fleshy part of the tail in two lengthwise, remove the small long entrail

found therein. Adhering to the body-shell may be found a layer of creamy fat; save this, and also the green fat in the body of the lobster (called tom-alley by New-Englanders), and the coral. If celery is used, tear the lobster into shreds with forks; if lettuce, cut the lobster into half-inch pieces. Place the salad herb in a bowl, add the lobster and the fat, and pour over it a rich mayonnaise; garnish with the claws and heads, tufts of green, hard-boiled eggs, etc. The lobster eggs may be separated, and sprinkled over the mayonnaise. The coral is used for coloring mayonnaise, and also butter, which is then used in decorating salmon and other dark fish used in salads.

THE OYSTER CRAB.

The little crab found in the oyster is not, as commonly supposed by two-thirds of the oyster-eating community to be, the young of the blue crab; but it is a distinct species. It is a mess-mate of and caterer to the wants of the oyster, being therefore a benefit instead of a detriment to the latter. In return for the oyster's kindness in protecting it against its enemies, the little crab catches and crushes food which in its en-

tire state could not be taken by the oyster. A singular thing in connection with them is, that all found inside of the oyster are females. The male of the same variety is found in the neighborhood, but its shell is firm.

Oyster-crabs are found at the grocer's, put up in half-pint bottles, which retail from 60 to 75 cents each. At the markets they are sold at $2.50 per quart.

To Serve Oyster Crabs. — Put on a small saucer a crisp but dry leaf of lettuce, and put in the centre of each leaf a scant tablespoonful of the oyster crabs. Add a scant teaspoonful of mayonnaise to each, and serve as a whet before a ladies' collation, or at an afternoon luncheon.

Oyster-Crab Omelet. — This is a most tempting dish. Roll an ounce of butter into little balls, dredge these with flour, put them in a pan, and when they begin to melt whisk them; do not let it brown; add a gill of hot water, and simmer until thick; now add half a pint of oyster crabs, salt, and a pinch of cayenne. Beat up four eggs thoroughly, and make them into an omelet; just before folding, add the crabs, and serve.

Oyster-Crab Sauce. — Add a tablespoonful of oyster-crabs to half a pint of drawn

butter, sauce hollandaise, or in fact any white or cream fish-sauce, and serve with boiled fish.

ACKNOWLEDGMENT.

The writer is deeply indebted to Prof. George Brown Goode's compilation and reports of the "Fishery Industries of the United States," for much of the natural history of fish and shell embodied in this work.

SHRIMPS.

THE common shrimp, which is caught in immense quantities along our coast all summer, and used for bait, is a dainty which summer residents should not neglect. When a shrimp salad is wanted, however, the servant is sent to the nearest grocer for a can of Southern shrimp, and the delicious morsel at their very door is used to feed the fishes. The trouble seems to be, that servants dislike the trouble of picking them out of their transparent shells.

Summer hotels would buy the native shrimp if fishermen would take the trouble of offering them. No more appetizing or appropriate garnish for lobster salads and for portions of boiled fish

can be imagined than the little home shrimp properly boiled. A plunge into the hot water is about all the cooking they need.

Market Price of Shrimps. — Cooked and shelled shrimps are to be had in our markets during warm weather, for from thirty to fifty cents per quart. Canned shrimps retail for from thirty to forty cents per can, and $3.50 per dozen. Rinse them in fresh water before using them.

Shrimp Omelet. — Toss half a pint of canned or fresh shrimps in a little hot butter for a moment; add a little salt and pepper and a tablespoonful of tomato sauce. Prepare the omelet, and just before folding add the shrimps, and serve.

Shrimp Sauce. — Cut up the shrimps into halves, add them to a creamy fish sauce of any kind; mix and serve.

PRAWNS.

SCIENTIFICALLY there is a difference between the prawn and the shrimp; but it need not be considered by the housewife, except that the prawn, that comes to this market from the South already cooked and shelled, is larger than the shrimp, and a little stronger flavored.

The shrimps and prawns are found in salt and brackish water, while the crayfish are inhabitants of fresh water.

Curry of Prawns. — Prawns are at their best served as a curry. Boil two quarts of live prawns thirty minutes, drain when slightly cooled, break away the shells, and set them aside. Put two ounces of butter in a frying-pan ; when very hot add a clove of garlic and one sliced apple ; brown slightly, remove the garlic, and add a dessertspoonful of curry-powder mixed with a gill of water ; stir, and add half a pint of soup-stock and half a teaspoonful of flour ; now add the prawns, and the juice of half a lemon in which a lump of sugar has been dissolved. Pour out on a hot dish, and send to table with rice croquettes.

Prawns, Deviled, en Coquille. — Simmer a quart of prawns fifteen minutes in water flavored with a little sharp vinegar ; drain, and cut them very fine. Add two ounces of butter, a gill of water, salt and pepper, the yolks of two eggs, and bread-crumbs to absorb the moisture. Mix to a paste. Partly fill the shells, cover with crumbs, add a small pat of butter to each, and bake to a delicate brown.

Prawns, Sauté, à la Marengo. — Wash one pint of "shelled" prawns, simmer them

twenty minutes, drain, and toss them a moment in a little hot olive-oil; remove them, add a sprig of parsley, half a dozen button mushrooms, a gill of hot water, salt and pepper, and thicken with a little flour. Put the prawns on a dish, pour the sauce over them, garnish with fried eggs and slices of tomatoes fried.

Prawn Salad. — Take one quart of prawns and one quart and a pint of cut celery; put the celery in a bowl; add the prawns; garnish neatly, and serve with a mayonnaise.

CRAYFISH.

The crayfish are inhabitants of fresh-water streams; and they bear a striking resemblance to the lobster in appearance, spawning habits, shedding their shell, etc. Their season begins early in the spring, and lasts until cold weather. During a bountiful supply of these delicious shell-fish, large quantities are packed away in ice-houses for winter use, when there is a big demand for them from caterers who use them as garnishment, and for salads and sauces. They cost from three to four dollars per hundred in the New-York markets. Those that come from Milwaukee are highly esteemed; and, as

they are already cooked, they may be used at luncheon, and on fast-days as salads. A crayfish salad is an enjoyable dish.

Crayfish Omelet. — Rinse half a pint of crayfish tails in salted water, and drain them; then split each tail in two lengthwise, and remove the thread-like intestine found therein. Toss them about a moment in a little butter and tablespoonful of broth or gravy; season with a dash of cayenne. Make a four-egg omelet, and just before folding add the crayfish.

SALMON.

Salmon Steak. — Put into fast boiling water, salted, a slice of fresh salmon, and boil for five minutes quite rapidly; then set on back of the range where it will simmer for fifteen minutes longer. Drain, and place it on a napkin surrounded with a border of parsley. On the two ends of the platter place slices of lemon. Serve with a sauce in a sauce-boat. Drawn butter with a few prawns or shrimps cut up in it is a nice sauce for salmon.

Canned Salmon. — The canning of salmon at the source of supply has been of lasting benefit to mankind, for we are now able to pro-

cure a pound of salmon in any quarter of the globe for a reasonable sum. Canned salmon has one advantage over the fresh fish: it does not deteriorate, and lose its flavor. Those who have tried it say they do not get surfeited with canned salmon, although many of the same individuals dislike the fresh salmon owing to its richness, and on this account rarely eat it.

Salmon Patties. — This is a very nice way of serving salmon at luncheon. Open a pound can of salmon, drain, add to the small amount of salmon liquid sufficient water to make a gill, season it with salt and pepper, and, if on hand, add a little anchovy paste. Beat up the yolks of two eggs with half a teaspoonful of flour dissolved in a little cold water or milk: add the gill of water, place it on the range to become hot and thick, whisking it meanwhile; break the salmon into pieces, and add to the sauce. When quite hot, fill the patty shells with it, and serve. A very rich sauce may be made by the addition of butter and cream.

The patty shells are made as follows: Roll out some very light puff-paste, half an inch thick; stamp it in rounds with a three-inch cutter, press a small cutter in the middle of each round to the depth of quarter of an inch; put the rounds on a buttered tin, brush a little beaten egg over

them, and bake in a quick oven. When done, remove the centre, scoop out a little of the inside, and the shells are ready for the mixture.

Salmon Surprise. — Boil two quarts of potatoes with their jackets on. When done, peel and mash them with butter and warm milk. Arrange a border of potatoes on a flat, oval dish. In the centre of this put a pound of canned or cold salmon separated into neat-sized pieces, salt, pepper, a very little mace, and a teaspoonful of chopped parsley; cover the salmon with a layer of raw oysters; add a little oyster-liquor, cover the oysters with a thin smooth layer of mashed potato, and brush the beaten yolk of egg over all. Then make a small hole in the centre, and place the dish in an oven hot enough to brown the outside quickly.

Salmon à la Créole. — Scald and put three large tomatoes to simmer in very little water, until tender: chop up very fine a sweet Spanish pepper and quarter of an onion; fry these in a little bacon fat; add the tomato, salt, and little white pepper. Simmer until reduced to a pulp. Open a pound can of salmon; set the can in a saucepan half full of hot water, turn the salmon out on a dish. When it is quite hot, pour the pulp over it, and serve. Canned tomatoes may be used instead of fresh tomatoes.

Salmon Pie. — Cut up four boiled potatoes into neat pieces; cut half a pound of boiled salt pork into dice; divide a pound of canned salmon into symmetrical pieces; roll out quarter of a pound of puff-paste, cut it into squares, and roll each of these into a little ball. Arrange these ingredients alternately in a deep yellow dish, season with salt and pepper, add hot water or gravy to prevent burning, cover the top with paste, make a hole in the centre, and bake in a moderate oven.

Salmon in Jelly. — Take one gallon of clear soup, and boil it down to a quart. Soak a teaspoonful of gelatine in cold water, and add to the reduced soup to make sure that it will be stiff when cold.

Take a two-quart tin mould, set it on ice, and pour enough of the liquid in it to cover the bottom. Let this become firm. Cut into slices, and then into diamonds, boiled beets, white turnips, and cold boiled tongue; dip each into the liquid, and place them in the mould in a very neat and artistic manner; when they become firm, spread over them a layer an inch thick, of cream-mashed potato; now add a pound of canned salmon, and pour round the edges and on top the remainder of the reduced soup, and set the mould in a very cold place to

become firm. When wanted, dip the mould into hot water quickly, and turn it out. This is an excellent dish for collations, wedding breakfasts, etc. The potato must be made rich with butter and milk, and beaten to a light consistency before being placed in the mould. Any other kind of cold fish will answer quite as well as salmon for this and other dishes herein mentioned.

Salmon Omelet. — Separate half a pound of canned salmon into flakes, season with salt and pepper, a little lemon-juice, and add a little of the liquid; heat it a little, whip up the eggs for an omelet, prepare it as usual, and just before completing the fold add the salmon; then turn it out on a hot dish.

Salmon, German Style. — Boil two quarts of sauerkraut; drain it, and pile it on a hot dish; have ready a pound of canned salmon hot; make a hole in the centre of the kraut, insert the fish, simmer and season the salmon liquid, pour it over the dish, and serve.

Salmon à l'Italienne. — Boil half a pound of macaroni in water slightly salted; drain. Heat a can of salmon in hot water; turn it out on a dish; arrange the macaroni round it; pour over the macaroni the contents of a pound can of tomato-pulp (hot), sprinkle over this a little grated Parmesan cheese, and serve.

Salmon à la Hollandaise. — Heat a pound of canned salmon in the original can; turn it out on a hot dish, garnish neatly, and pour over it the following sauce: Cream two ounces of butter, whisk into it the yolks of two beaten eggs, add a little salt and white pepper, and half a teaspoonful of strong vinegar; put the pan in a larger one containing hot water, whisk it until it thickens, and just before serving add a little lemon-juice.

Salmon, Hunter's Style. — One of the best dishes I have ever eaten while hunting was prepared as follows: Take three one-pound cans of salmon (save the liquid), and divide into neat pieces; make a dough as for milk biscuits: divide half of it into little balls; take one box of sardines; put a layer of sliced bacon in the bottom of a gallon crock; add a layer of salmon, a few dough balls, two sardines, salt, cayenne. Continue arranging in alternate layers until the ingredients are all used; add a wineglassful of vinegar to the salmon liquid, and if there is not enough add a little water; cover the top with the remainder of the dough, and tie one or two thicknesses of white cloth over all. Dig a hole deep enough to be lined with mud or stones and to receive the crock; build a fire in and over it (the smoke will keep off the

mosquitoes). When reduced to coals, scoop out the ashes and coals from the hole, cover the cloth with mud, set the crock in the hole, and cover up with the hot ashes; let it remain three hours, and a more satisfactory dish cannot be imagined.

Bouillabaisse. — This celebrated dish was immortalized by Thackeray. Put into a frying-pan a gill of olive-oil, a clove of garlic minced, a tablespoonful of chopped onion, two cloves, six peppercorns; when slightly brown, add one pound of canned salmon and the salmon liquid in the can; add a little salt, a bit of bay leaf, three slices of lemon, a pint of tomato pulp, a pinch of curry-powder or saffron, a gill of Rhine wine, with water enough to cover the fish: simmer twenty minutes. Line a deep dish with toast, remove from the pan all seasoning in sight, pour the contents of the pan on the toast, and serve.

CODFISH.

Boiled Codfish, Oyster Sauce. — The only thing that can be urged against this most excellent fish is its homely name. Were it not so cheap, its good qualities would rapidly find

favor at all gastronomic entertainments where palate-pleasing dishes are appreciated. Put the fish into boiling water, slightly salted; add a few whole cloves and peppers, and a bit of lemon-peel; pull gently on the fins, and when they come out easily the fish is done. Arrange neatly on a folded napkin, garnish, and serve with oyster sauce. Take six oysters to every pound of fish, and scald them in a half-pint of hot oyster liquor; take out the oysters, and add to the liquor, salt, pepper, a bit of mace, and an ounce of butter; whip into it a gill of milk, containing half of a teaspoonful of flour. Simmer a moment; add the oysters, and send to table in a sauce-boat.

A four-pound fish should cook in about forty minutes.

Codfish Tongues. — Wash four codfish tongues thoroughly in cold water; put them on the range in hot water, slightly salted, and boil thirty minutes; drain; arrange neatly on a folded napkin placed upon a hot dish; garnish with parsley and slices of lemon, and send to table with cream sauce.

Codfish Steak. — Select a medium-sized fresh codfish, cut it in steaks crosswise of the fish about an inch and a half thick; sprinkle a little salt over them, and let them stand two

hours. Cut into dice a pound of salt fat pork, fry out all the fat from them, and remove the crisp bits of pork; put the codfish steaks in a pan of corn-meal, dredge them with it, and, when the pork-fat is smoking hot, fry the steaks in it to a dark brown color on both sides. Squeeze over them a little lemon-juice, add a dash of freshly ground pepper, and serve with hot, old-fashioned, well buttered johnny-cake.

New-England Codfish Balls. — Shred the codfish the night before, and soak it over night; drain quite dry on towel next day. Mash fine one pound of hot boiled potatoes. Take an equal amount of codfish, and divide it very fine. Mix both together, and add the beaten yolks of two eggs, two ounces of melted butter, and a saltspoonful of white pepper. Now beat the mixture until it is very light, for upon this process depends the success or failure of the dish. In shaping them together, do not press them any more than is absolutely necessary. Most cooks press them into cakes so hard that it is next to an impossibility to eat them. Dredge them lightly with a little flour, and fry them like doughnuts in smoking hot fat. When properly prepared and cooked they should fairly melt in the mouth, which they will do if thoroughly beaten and lightly handled.

Baked Cod. — When purchasing a four-pound cod, ask your fish-dealer to send you three "codfish-heads;" and as soon as the basket comes into the house, rub a little salt on the fish, chop the heads into six pieces each, and sprinkle a little salt over them. Place them in the centre of the baking-pan (to be used as supports for the fish), with a gill of water. Set the pan in the oven while you prepare the cod.

Soak in cold water until soft a sufficiency of bread to fill the fish; drain off the water, and pound the bread to a paste; mix with it two tablepoonsfuls of melted butter, two raw eggs, a tablespoonful of Worcestershire sauce, with salt and pepper to taste. Put this stuffing inside the fish, and sew it up; place the cod in the pan with two or three pieces of butter on the upper side of the fish, and baste it frequently; when it is cooked, lay the fish on a hot platter, and garnish with fried oysters if convenient. Add a tablespoonful of brown flour to the pan, a wineglass of claret; mix, and strain the gravy into a sauce-boat. Time to cook, one hour.

Salt Codfish with Cream. — Soak one pound and a half of salt codfish over night. Next morning set the fish to simmer for about two hours; drain off the water, and strip the fish into shreds; place it in a saucepan with a quart

of milk and two ounces of butter; mix a tablespoonful of flour with two tablespoonfuls of cold milk, and add to the fish. Let the whole come to a boil; remove the dish from the fire, beat up one egg to a froth, add it to the fish, stir, and serve.

Scrod. — Small codfish no larger than our tomcod are called scrod in Eastern Massachusetts. After they have been corned over night, they are broiled and fried.

BROOK TROUT.

CULTIVATED trout may be purchased at from sixty to seventy-five cents per pound, and wild trout from twenty-five to thirty-five cents per pound, after April first. There are many housekeepers who will not purchase the latter, thinking that as they are cheaper, they cannot be so good as the more expensive trout. Cultivated trout are only trout in name and outside appearance, and no more compare in flavor with the wild trout than chalk does with cheese. They are fattened (not allowed to feed naturally) on cheap animal food that destroys all trout flavor; and they live in artificial streams or ponds, acquiring a peculiar swampy flavor which is decidedly objectionable.

The wild trout lives in clear running streams, fed from never-ending springs; here he finds a beautiful supply of food furnished by nature's generous hand, instead of the refuse of the butcher furnished to his more aristocratic brother. Besides being superior in every way, the wild trout is always cheaper.

Shippers of trout often pack their speckled beauties in moss, which injures their flavor materially; and the housekeeper is obliged to let them stand in cold water, slightly salted, to extract the flavor of the moss. This is a good plan to follow, by the way, when the trout are frozen, as nearly all wild trout are in the early spring.

Brook Trout, Sportsman Style. — Clean and rinse a quarter-of-a-pound trout in cold spring water; dry it in a towel. Cut half a pound of salt pork into small pieces; put these into a thoroughly clean frying-pan; fry out the clear fat, and remove the small pieces of pork. Rub a little fine table-salt in the inside of the fish, and when the pork-fat is smoking hot, add the fish to it; turn it three times before it is done. When nicely browned, serve it on a hot dish, and send it to the table without adding condiments of any kind. Should you be able to procure fresh butter, a little may be put on the

fish before it is served, but it must be of the very best quality.

Broiled Trout. — The foregoing is a recipe for cooking trout immediately after catching them. After they are brought to our city markets from distant mountain streams, however, they are most toothsome when broiled over a declining fire, and require a seasoning of salt, pepper, and a little lemon-juice mixed with the sweetest of sweet butter. Serve with hot plates.

Brook Trout, Baked. — Trout weighing a pound or over are best when served baked, though many sportsmen will not listen to this proposition. The outside of a large trout is almost ruined in broiling before the centre of the fish is cooked. Do not split the fish down the back. Take half a pint of fine grated bread-crumbs, and soak them in a little milk ; squeeze out the milk ; add two ounces of table butter, a saltspoonful of salt, half a saltspoonful of white pepper, the juice of a quarter of a lemon, and the slightest sprig of thyme ; add the yolk of one raw egg ; mix ; open the trout just enough to clean it properly ; remove the gills (leave the heads on), fill the cavity with the stuffing, and sew it up carefully. Put the fish in a tin, on top of it place small bits of butter previously rolled in flour, place it in a good oven, and bake with

the back toward the hottest part of the oven. The length of time it will take to cook properly is from twenty to thirty minutes, very often a little longer, for much depends on the temperature of the oven.

Brook Trout, Boiled. — To boil trout seems an outrage; but when one receives a large quantity of them, and there is danger of their spoiling if not immediately used, put four small trout properly cleaned into a saucepan, cover them with claret, add a slice of lemon, two cloves, four whole peppers, the least bit of mace, and a heaping saltspoonful of salt. Simmer slowly three-quarters of an hour; remove the saucepan from the range, and when cold take out the fish, put them in a dish, and pour the boiled wine over them. Serve at luncheon or collations.

The head, tail, and fins of trout should not be removed before cooking.

MISCELLANEOUS.

Catfish, Fried. — Catfish and waffles is a combination dear to the hearts of Philadelphians, and the road-houses near that city are celebrated for cooking them. Select the fish already cleaned,

as it is a troublesome job to clean them, and pick out the white instead of the red catfish; rub a little salt along the backbone on the inside, and let the fish stand over night. Next day dredge them with corn-meal or flour, and fry in a little fat; sprinkle salt and pepper over them before serving.

The Tenderloin Trout. — Large catfish are caught in Southern rivers; and while they are fair eating, they are not popular with the whites in the vicinity of New Orleans. The restaurant people, however, cut the fish into pieces an inch square and about four inches long; these are dipped in egg, rolled in crumbs, and fried and served as tenderloin trout.

Fricasseed Eels. — Cut up three pounds of eels into pieces of three inches in length; put them into a stewpan, and cover them with Rhine wine (or two-thirds water and one-third vinegar); add fifteen oysters, two pieces of lemon, a bouquet of herbs, one onion quartered, six cloves, three stalks celery, a pinch of cayenne, pepper and salt to taste. Stew the eels one hour; remove them from the dish; strain the liquor. Put it back into the stewpan with a gill of cream and an ounce of butter rolled in flour; simmer gently a few minutes, pour over the fish, and serve.

Eel Patties. — Take three medium-sized eels, and cut them up into inch pieces. Put them in a stewpan, add salt, and cover them with cold water. When the water comes to a boil, take them off the fire, wash them in cold water, scrape off any fat that may adhere, return them to the stewpan with just enough hot water to cover them, and add a blade of mace, a bay leaf, a few whole peppers, a few sprigs of parsley, and one lemon cut into slices. Stew gently until the fish will separate from the bone; remove the fish from the broth, pick it into small pieces, and set them aside; reduce the broth a little, strain, and thicken with flour and butter. Return the fish to the broth, simmer a moment, fill your patties, and serve; make patty-shells as directed for oyster patties.

Stewed Eels, Hoboken Turtle Club Style. — Cut into three-inch pieces two pounds of medium-sized cleaned eels. Rub the inside of each piece with salt. Let stand half an hour, then parboil them. Boil an onion in a quart of milk, and remove the onion. Drain the eels from the water, and add them to the milk. Season with half a teaspoonful of chopped parsley, salt and pepper, and the slightest suspicion of mace. Simmer until the flesh falls from the bones.

Fried eels should be slightly salted before

cooking them. Do not cover them with batter, but dredge them with just flour enough to absorb all moisture, then cover them with boiling fat, as for doughnut cooking. Many New England families use corn-meal to dredge them with instead of flour.

Eels *en matelotte*, or sailor fashion, are appreciated by many. Cut them into three-inch pieces, and salt them. Fry an onion brown in a little dripping; add half a pint of broth to the brown onion, part of a bay leaf, six broken peppercorns, four whole cloves, and a gill of claret. Add the eels to this, and simmer until thoroughly cooked. Remove the eels, put them on a hot dish, add a teaspoonful of browned flour to the sauce, strain, and pour over the eels.

Pan Bass, Anchovy Butter. — During February, March, and the first part of April, there may be found in market a variety of bass which much resembles the Oswego bass. They come from the Carolinas and Virginia, and are excellent eating. Let them stand an hour in salt water, then drain and wipe dry, and fry them in tried-out salt-pork fat. Serve them with a butter made as follows: Mix together a teaspoonful of anchovy paste with a tablespoonful of sweet butter, and, if not objected to, add a few blades of chopped chives.

The chive has the flavor peculiar to the onion family, but in a mild form. It is cultivated by truck gardeners, and may be found on the New York vegetable stands as early as January. The retail price at the first of the season is ten cents a tuft; as it becomes more plentiful, it is offered at five cents.

Placed in the kitchen, it grows luxuriantly, — in fact, it grows faster than it can be used by a small family. This very useful herb should be in the kitchen window of every home where soups and salads are rightly appreciated.

The chive grows wild in nearly all of the Middle and Eastern States, and the first green spot seen in our parks is more than likely to be chives. Cows eat it, and their milk has a slight garlic flavor. The garlic flavor in milk is decidedly objectionable; yet the early Dutch settlers planted the chives in the pastures for the cows to eat, thereby imparting to the milk this peculiar flavor.

Fillet of Flounder, Tartar Sauce. — Cut the flesh from the bone lengthwise, and then cut each piece into strips an inch wide. Dip them in beaten egg. Roll them in cracker-crumbs, and fry in hot fat enough to cover them. This dish appears on our French bills-of-fare as *filet de sole*. Serve with *sauce tartare*.

Fried Tomcods. — These delicate, sweet-flavored pan-fish are called frost-fish by dealers, but the fishermen along the Hudson call them "Tommies." Whatever name they are known by, they are delicious morsels when fresh caught. Clean them without removing the heads, dry them in a napkin, and salt their insides, dredge them with a little flour, and fry them crisp in hot smoking fat. Put the clean fish into a baking-tin. Over each fish place a thin slice of bacon, add salt and pepper, and bake them twenty minutes in a hot oven.

Broiled Salt Codfish. — Cut half of a small codfish into medium-sized square pieces; split them in two, and soak them over night in cold water. Drain, and dry them in a napkin, next morning. Rub a little butter over each piece, and broil them. Place them on a hot platter, and pour a little melted butter over them.

Drawn butter is sometimes served with this dish. It should be very smooth looking, and have a starchy appearance. Divide three ounces of butter into little balls. Dredge them with flour. Put one-fourth of them into a saucepan, and when they begin to melt, whisk to a smooth consistency. Now add one more of the floured balls, and whisk thoroughly until incorporated

with the first. Repeat this process until all are used. When smooth and thick, stir in a teaspoonful of lemon-juice, and, if liked, a little chopped parsley.

Broiled Salt Mackerel. — "I like salt mackerel, but it does not agree with me," is a remark often heard in nearly all classes of society. Many imagine they can eat cured fish with the same degree of recklessness and lack of regard for dietetic laws which they often show in eating more digestible food. They soon discover, however, that something is radically wrong; just where the blame rests, is a matter they settle to their own satisfaction by declaring that salt mackerel was not intended for civilized people, because they are unable to eat it without experiencing disagreeable after-effects.

Salt mackerel is really wholesome food, but, like all cured food, is not so digestible as when fresh: it is therefore necessary to restore it as near as possible to its original freshness. This is done by a thorough soaking in a liberal quantity of fresh water. There is no danger of the fish becoming too fresh; if it does, it is an easy matter to add fresh salt, which is much more acceptable than condensed brine.

In selecting salt mackerel, examine them carefully. If rusty in appearance reject them, "for

rust in fish, if I am not mistaken, is as bad as rust in steel or rust in bacon." Large fish are likely to be poor and coarse ; a medium-sized or No. 2 is the most profitable provided the white or under part of the fish is fat. After soaking thoroughly, rub a little melted butter or olive-oil over them, and broil not too close to the fire ; do not cook them enough to dry up all moisture, as they would then be unpalatable. After broiling, plunge them into boiling water for a moment to swell them, — this treatment gives the fish the appearance of being fat, — place on a hot plate, add a little melted butter, a dash of pepper, and finally the juice of half a lemon.

To avoid the unpleasantness referred to, drink all liquids first, before eating a mouthful of the fish ; masticate the food thoroughly and slowly, and the result will be surprising. Those who eat salt fish alternated with mouthfuls of liquid must expect the oily particles to rise up, and create a gastronomic disturbance.

Fried Porgies with Salt Pork. — The much-abused porgy is one of the sweetest of pan-fish. Select four good-sized porgies, and clean them, but do not remove the heads. Cut into small dice a quarter of a pound of fat salt pork, fry out the fat, and when it is very hot fry the fish in it. While they are cooking, broil four

small thin slices of the pork, and serve by placing them on top of the fish. Pork gives a more delicate flavor to the fish than bacon.

Fish Curries. — Cold boiled or baked fish is simply a luxury when warmed up in a delicious curry sauce. This dish may be served at breakfast or luncheon. Americans are fast learning the usefulness of curry-powders; as yet they demand a mild form of curry, and a little flour is added to the sauce to tone down the pungency of the curry.

A Plain Fish Curry. — Fry an onion quite brown in a little butter or oil, add a teaspoonful of curry-powder and half a pint of hot water. Dissolve a teaspoonful of flour in a little cold water; when free from lumps add it to the sauce, then strain; divide the cold fish into flakes, and warm it up in the sauce.

Curry of Scallops. — Wash a quart of scallops in cold water, drain, put them in a saucepan, and let them simmer gently one hour. Blanch two ounces of sweet almonds, remove husks, and fry a delicate brown; drain from the hot butter, and pound to a paste with a clove of garlic, the grated rind of a lemon. Mix two teaspoonfuls of curry, a little sauce, and an ounce of butter, put it in the frying-pan, and add gradually one half-pint of the scallop broth and the

almond paste. Now add a pint of hot milk; simmer until the liquid is reduced one-third, add the scallops, and serve.

Curry of Crayfish. — These may be purchased by the quart at all seasons. They are already boiled. Prepare the curry sauce as above described, add the crayfish, and serve with rice; over all squeeze the juice of a sweet orange.

Curry of Eels, with Rice. — Cut into two-inch pieces one medium-sized eel or two small ones; put them in a saucepan, and cover with boiling water; add a little salt, a piece of lemon-peel, and a tablespoonful of vinegar; boil slowly one hour, and drain. Cut up a small onion, and fry it brown in a little butter; add a pint of the water in which the fish was boiled, and a teaspoonful of walnut catsup. Mix together a teaspoonful of flour with a gill of cold water, rub it smooth, and add a teaspoonful of dry curry-powder. Mix, and add it to the pan, strain, and return to the pan; then add the eels; simmer fifteen minutes, and serve surrounded by a border of boiled rice.

Curry of Shad Roe. — Fry half an onion very brown in a heaping teaspoonful of dripping; add a teaspoonful of curry-powder, and a few moments later add a gill of hot water; simmer

five minutes, and add a teaspoonful of flour dissolved in a little water. When it begins to thicken, strain. While preparing the sauce, boil two roes in water well salted. When done, place them on a hot platter, and pour the sauce over them.

Curry of Frogs' Legs. — This is an excellent dish. Wash one pound of frogs' legs in cold water; brown one-fourth of an onion in oil or butter; add a teaspoonful of curry and a pint of hot water; pour this in a saucepan, and add the frogs; simmer an hour and a half, and drain. Mix a teaspoonful each of rice-flour and curry to a paste, with the broth; add salt to taste, and half a pint of milk. Place on the range, and when hot add the frogs. Blanch two dozen sweet almonds; rub off the skins, split them, and toss them about in hot butter; season with pepper and salt; when done squeeze a little lemon-juice over them, and send to table on separate dish with the curry.

Broiled Weakfish. — When freshly caught, this is an excellent fish and well flavored; but it loses its flavor when kept on ice more than a day, and the flesh becomes soft and spongy. In color the weakfish is of a bluish-gray, with faint speckled back and sides, belly white, the fins yellow. It is in season from May to Octo-

ber, and is best-flavored in the latest two months of that time. Select a medium-sized fish for broiling; see that the flesh is firm, the eyes bright, and the gills a bright red, and free from a soft, flabby appearance. Place the well-cleaned whole fish on the table or fish-board, back towards you; make an incision close to the head, down to the bone; hold the head firmly with the left hand, and cut the fish in two lengthwise, keeping the knife close to the bone the whole length of the fish; remove the bone. (The bone and head may be boiled a few hours, seasoned, and the broth used in fast-day soups.) Cut each piece of fish in two, crosswise; rub on a little sweet oil or melted butter; broil the outer side first, then the inner side, and serve with this side upwards on the hot dish; pour over the fish well-made drawn butter (which see).

Baked Whitefish, Bordeaux Sauce.— Clean and stuff the fish. Put it in a baking-pan, and add a liberal quantity of butter, previously rolled in flour, to the fish. Put in the pan half a pint of claret, and bake for an hour. Remove the fish, and strain the gravy; add to the latter a gill more of claret, a teaspoonful of brown flour, and a pinch of cayenne, and serve with the fish.

Halibut, Egg Sauce. — Select a three-pound piece of white halibut, cover it with a cloth, and place it in a steamer; set the steamer over a pot of fast boiling water, and steam two hours; place it on a hot dish, surrounded with a border of parsley; and serve with egg-sauce, which is made as follows: —

Egg Sauce. — Cream an ounce of butter; add to it one tablespoonful of dry flour, a salt-spoonful of salt, and half a salt spoonful of white pepper (black pepper spoils its color). Stir it briskly, and add half a pint of hot water. Divide an ounce of butter into little balls, roll them in flour, and add them one at a time; stir constantly, and care should be exercised not to allow the sauce to brown or discolor. Chop three cold hard-boiled eggs, and add them to the sauce; let it heat thoroughly, and serve in a boat.

Fried Butterfish. — These flat, slate-colored little fish are excellent when quite fresh; and as they are easily cleaned, they are recommended to house-keepers. Fry them in tried-out salt-pork fat, which gives them a very nice flavor.

Broiled Shad. — The secret of having the fish juicy, and at the same time properly cooked, is to rub a little olive-oil over it before broiling,

and broil it over a fire free from smoke or flame. Charcoal affords the best fire. The sulphurous fumes of hard coal injure the flavor of the fish. When done, have ready a little sweet butter melted and mixed with salt, white pepper (black pepper spoils the looks of the fish), half a teaspoonful of chopped parsley to two ounces of butter, and the juice of half a lemon. Place the fish on a hot dish, pour the hot sauce over it, and serve with hot plates.

Baked Shad. — Broiling is, next to planking, the best way of cooking this excellent fish; but a baked shad is not to be despised. Prepare it as follows: —

Make a stuffing of soaked bread-crumbs, butter, pepper, and salt; place it lengthwise in a pan; roll walnuts of butter in flour, and put four to six of them on top of the fish; fill the space around the fish with inch slices of raw potato, and bake forty minutes. When done, serve potatoes and fish together.

Shad Roe à la Poulette. — Cover a pair of roes with water slightly salted; add a tablespoonful of vinegar and a slice of lemon; simmer twenty minutes, and drain; put into a saucepan an ounce of butter; when it begins to melt, whisk it, and add the juice of half a lemon.

Beat up the yolk of one egg with a gill of

cream containing half a teaspoonful of flour rubbed free from lumps; whisk this gently into the warm butter; keep it quite warm until it thickens, but do not boil, or it will curdle. Pour it over the shad roes, strew over the top a trifle of chopped parsley, and serve.

Broiled Royans. — These delicate little fish are excellent as whet at dinner-parties, and may be served *au naturel*, or broiled, or served on toast. Procure them from the nearest grocer, open the can carefully to prevent breaking the fish, remove the skin, and broil them over a slow fire; arrange them on toast, squeeze a little lemon-juice over them, and serve.

Broiled Sardines. — When neatly prepared, this forms an excellent breakfast or luncheon dish.

Remove the sardines from the can without breaking them; scrape off the skin, place them between double wire broilers, and broil to a delicate brown; arrange neatly in a hot dish, squeeze a little lemon-juice over them, and serve. Orange-juice is very nice with the above dish.

Broiled Smelts, Sauce Tartare. — Thoroughly clean half a dozen smelts, split them in two, place them on a double wire broiler, and broil. Send to table with *sauce tartare*, which is made as follows: Chop together a few sprigs

of parsley, six capers, one small pickle, a piece of onion as large as a bean. Add these to half a pint of mayonnaise, mix, and add a teaspoonful of French mustard, mix again, and serve.

Smelts Fried, Sauce Tartare. — Clean six small smelts, leave on the heads, dip them in beaten egg, roll them in fine cracker-dust, and fry in very hot fat. Serve with sauce tartare.

Broiled Whitefish. — The whitefish is one of the best of summer fish, but does not stand long transportation very well. See that the flesh is firm, and free from flabbiness. Cut the fish in two lengthwise, remove the backbone, divide each piece in two; brush over it a little sweet butter or olive-oil, and broil over a moderate fire for ten minutes. Place it in a hot dish, squeeze the juice of a lemon over it, add salt and pepper and a tablespoonful of melted butter. Garnish with tufts of parsley and thin slices of lemon, and serve.

Sheeps-head with Drawn Butter. — The Englishman who wrote the extraordinary statement that sheeps-head sometimes sold for "four or five pounds sterling in New York" may be pleased to learn that the price for this excellent fish is fifteen to eighteen cents per pound on an average, and that the best mode of preparing it

for table is to boil or steam it, although broiled sheeps-head is very good.

Procure a medium-sized fish, clean it thoroughly, and rub a little salt over it; wrap it in a cloth, and put it in a steamer; place this over a pot of fast boiling water, and steam one hour; then lay it whole upon a hot side-dish, garnish with tufts of parsley and slices of lemon, and serve with drawn butter prepared as follows: —

Drawn Butter. — Take four ounces of butter, and roll it into small balls; dredge these with flour; put one-fourth of them in a sauce-pan, and as they begin to melt whisk them; add the remainder, one at a time, until thoroughly smooth; while stirring add a tablespoonful of lemon-juice and half a teaspoonful of chopped parsley; pour into a hot sauce-boat, and serve.

Broiled Sheeps-head. — Split the fish in two lengthwise, and remove the head and bone, brush over the fish a liberal quantity of melted butter or oil, then broil over a fire free from flame or smoke. When done, squeeze the juice of a lemon over the fish, then add salt, pepper, and a pat of the choicest table butter.

THE CHAFING DISH

CONTENTS.

	PAGE
Oysters,	7
Deviled Oysters,	7
Oyster Broth,	8
Quick Vegetable Soup,	8
Clam Broth,	8
Clams Epicurean,	8
Mussels,	9
Steamed Soft Clams,	10
Scallops,	11
Scallop Stew,	11
Curry of Scallops,	11
Curry of Shrimp,	12
Curry of Clams,	13
Fish Curries,	13
Brook Trout,	13
Shad Roe,	14
Hamburg Herring,	15
Crab Cakes,	16
Curry of Crabs,	16
Soft Shell Crabs,	16

PAGE

Soft Shell Crabs Deviled, . . 17
Lobster Deviled, ... 17
Lobster Pompodoro, ... 17
Lobster Patties, ... 17
Lobster Cutlets, ... 18
Lobster Paprika, ... 18
Curry of Lobster, ... 19
Rice for Curry, ... 19
Lobster à la Newburg, . . . 20
Shrimp Patties, ... 22
Shrimps in Butter, . . . 23
Codfish Tongues, ... 23
Frogs Legs, ... 24
Frog Leg Patties, ... 24
Curry of Salmon, ... 24
Eels, ... 25
Stewed Eels, ... 25
Curried Eels, ... 26
Curry of Eels, ... 26
Turtle Steak, ... 26
Turtle Steak Deviled, . . . 26
Turtle Steak à la Henry Guy Carleton, ... 27
Curry of Prawns, ... 27
Terrapin, ... 28
Snails, ... 29
Snails on Toast, ... 29
Poached Eggs, ... 29

PAGE

Eggs with Cheese, ... 30
Eggs with Asparagus Tops, . . 30
Eggs with Brown Butter, . . . 30
Eggs with Chives, ... 30
Eggs à la Brisbane, ... 31
Boiled Eggs, ... 31
Eggs with Curry, ... 31
Eggs with Garlic Oil, . . . 31
Eggs with Kidneys, ... 31
Kidneys with Bacon, ... 32
Kidneys and Potato, ... 32
Kidneys with Mushrooms, . . . 32
Curried Veal Chops, ... 33
Veal Tomato Sauce, ... 33
Curry of Sweetbreads, . . . 33
Calf's Liver with Bacon, . . . 34
" " " Gravy, . . . 34
Roast Beef for Breakfast or Luncheon, ... 34
Steak Rechauffe, ... 34
Tripe, ... 35
Curried Tripe, ... 35
Curried Tripe and Onions, . . 35
Chops and Cutlets, ... 36
Pig's Feet, ... 36
Potatoes Lyonnaise, ... 36
Potatoes à l'Ete, ... 36
Potato Dice, ... 37

PAGE

MUSHROOMS, ... 37
PUFF-BALLS, ... 37
GREEN PEAS, ... 37
CANNED PEAS, ... 38
CHICKEN GALLOSCH, ... 38
BEEF GALLOSCH, ... 38
PORK TENDERLOIN, ... 39
THE MYSTERIES OF WELSH RABBITS, . 39

INTRODUCTORY.

CHAFING dish cookery is the latest fad among the amateur and professional gourmets of Gotham.

Chafing dish clubs have not only been formed in the family circle but many of the leading clubs of New York have taken up the subject with the cheerful prospect that in a few years from now, to be an Amercian will be synonymous with possessing a knowledge of the art of cookery although it has been the reverse in the past.

The sound common sense displayed in this fad shows that society is not the vapid thing our humorous journals would have us believe it to be. Society to-day is advancing so rapidly towards the practical, that not to know a great deal about cookery and dainty dining is to announce one's educational deficiencies and lack of social standing.

As chafing dish cookery is practised at table, it is not only a gustatory treat, but an

intellectual entertainment as well. The palate-ravishing aromas which arise, keenly sharpen the most jaded appetite, and the preparation of the viands loosens the tongue of the most bashful, ending in useful and instructive discussion.

THE AUTHOR.

THE CHAFING DISH.

Oysters.—Put into a chafing dish a heaping table-spoonful of table butter, sprinkle over it a pinch of flour; when the butter begins to melt stir it rapidly with a wooden spoon, season with a saltspoonful of salt and a dash of cayenne, add a gill of oyster liquor, stir and simmer a few seconds then add eighteen oysters. When the gills begin to curl up they will be cooked enough; serve plain or on toast.

Oysters No. 2.—Put into a chafing dish a tea-spoonful of butter; let it become quite hot. Drain and dry in a napkin ten oysters, dredge them in a little flour, shake off the loose flour, then cook them in the butter until they are a delicate brown on both sides: season with salt and pepper.

Deviled Oysters.—Mix together a tea-spoonful of curry powder, a saltspoonful of dry mustard, a saltspoonful each of salt and white pepper and the yolk of one raw egg;

work to a paste with a table-spoonful of oil, spread this over six large or twelve small oysters. Put into a chafing dish two table-spoonfuls of olive oil; when hot add the oysters and cook well done.

Oyster Broth.—Chop up two dozen medium sized oysters, put it into a chafing dish with three half pints of oyster liquor or water, season with salt, pepper, and a walnut of butter; serve in small cups.

Quick Vegetable Soup.—Put into a chafing dish three pints of water, when it boils add two table-spoonfuls of canned macedoine, a table-spoonful of maggi bouillon, salt and pepper to taste and serve. Dried julienne which comes in paper packages may be used instead of the macedoine but requires ten minutes cooking. Peas, etc. may also be used.

Clam Broth.—Chop up a dozen little neck clams, put them into a chafing dish with a pint and a half of clam broth or hot water, a walnut of butter, a dash of cayenne, and a single clove. Simmer five minutes and serve with toasted bread dice. Some like the broth thickened with a little cracker dust.

Clams Epicurean.—Put into the chafing dish a tea-spoonful of butter, a dash of

cayenne, and a dozen small clams; simmer five minutes, add a table-spoonful of sherry, a tea-spoonful of Epicurean sauce and serve on toasted crackers.

Mussels.—Boil two dozen mussels in their shells twenty minutes: when cool remove them from the shells and put them in the chafing dish with a scant table-spoonful of butter, a pinch of curry powder, a gill of claret and a little salt. Dissolve half a tea-spoonful of browned flour in a gill of water, stir into the dish, simmer until the sauce thickens and serve.

Mussels No. 2.—Boil the mussels as in the foregoing recipe. Put into the chafing dish a table-spoonful of butter, when hot add a minced onion and fry it brown. Add a pint of dark beef gravy or hot water thickened with browned flour and colored with kitchen bouquet or kitchen caramel; stir into the sauce a tea-spoonful of paprika, add two dozen boiled Mussels: when thoroughly warmed through, serve.

Mussels No. 3.—Proceed as in the foregoing recipe except that after the onion is cooked add a tea-spoonful of curry powder instead of paprika.

Mussels No. 4.—Put into the chafing dish two table-spoonfuls of table butter, stir it rap-

idly as it melts and add two heaping table-spoonfuls of pompodoro or tomato paste; mix together thoroughly, add a pint of hot water or better still beef broth, salt and cayenne to taste; in this sauce warm up two dozen mussels.

Steamed Soft Clams.—Wash a dozen soft or paper shell clams thoroughly so as to free them from all sand and grit; put into a chafing dish a scant table-spoonful of butter, put in the clams, shells and all, pile them up in the dish evenly, cover well; light the chafing dish lamp and let them cook in their own juice at least fifteen minutes.

Have ready a hot vegetable dish half filled with hot melted butter, remove the shells and the black skin covering the necks, take hold of the latter, dip the body of each clam into the hot butter and eat them while hot with a slice of Boston brown bread. Oysters and Little Neck Clams may be thus treated.

Soft Clams No. 2.—Remove the shells from a dozen soft or paper shell clams, trim off two-thirds of the tough neck. Cut three thin slices of bacon about four inches long, into dice; put these into the chafing dish and fry them crisp. Add the soft clams and cook them well done in the bacon fat.

Scallops.—Scald two dozen scallops, drain and dry them in a napkin, then fry them in the chafing dish with three table-spoonfuls of butter.

Scallop Stew.—Boil two dozen large scallops thirty minutes in water seasoned with salt, three whole cloves and a bit of mace. Take four table-spoonfuls of table butter, divide it into balls, dredge these with flour; put one-third of the number into the chafing dish and whisk them rapidly, add a gill of the scallop water and as it thickens add one at a time the remainder of the butter balls; when it becomes too thick add a little more of the scallop water using a pint of it altogether. When the ingredients are all used, add salt and cayenne to taste; warm up the scallops in this and just before serving squeeze over the dish the juice of half a lemon.

Scallop Stew.—Parboil the scallops fifteen minutes, put them in the chafing dish with nearly a pint of boiled milk, salt, pepper and a walnut of butter; simmer ten minutes.

Curry of Scallops.—Make a curry sauce by putting into the chafing dish the heaping table-spoonful of olive oil, butter or beef drippings; in this fry a minced onion brown, add a tea-

spoonful of curry powder, let it cook a moment and add a pint of consomme or veal broth with salt to taste. Thicken this slightly with a little flour dissolved in cold water, simmer till smooth, add a tea-spoonful of chutney if convenient, and in this sauce warm up a pint of boiled scallops.

Curry of Shrimp.—Put into a chafing dish a table-spoonful of olive oil or butter, a tea-spoonful of chopped onion and fry a delicate brown; add a tea-spoonful of curry powder. Allow the powder to cook a moment, then add a pint of beef broth; simmer ten minutes, and add a tea-spoonful of rice flour dissolved in cold water. Let boil until it thickens slightly, then strain into another dish. Open a can of shrimps, rinse them off with cold water, add them to the curry sauce, warm up the dish, then pour over it three tablespoonfuls of fresh orange juice, and serve with boiled rice.

Shrimp Curry No. 2.—Fry a minced onion with a table-spoonful of beef drippings; when brown add a heaping table-spoonful of curry powder, a tea-spoonful of rice flour, and a heaping saltspoonful of salt; stir to prevent burning and when the ingredients are in danger of burning add a pint of hot water

or broth. Cook until the sauce thickens slightly, strain and add a square of sugar, a heaping table-spoonful of either chutney, apple or cranberry sauce. Put into the sauce a can of shrimps, let the whole warm through thoroughly. Arrange on a platter a border of boiled rice, put the curried shrimp in the centre, squeeze over the shrimp the juice of a lime and over the rice sprinkle the juice of an orange.

Curry of Clams.—Both the little neck and the paper shell clams are very good served as a chafing dish curry, the body part of the soft clam should only be used, as the remainder is somewhat tough. The Little Necks, if cooked too much will be tough. Serve them with a plain curry sauce, made as the sauce for curry of scallops.

Fish Curries.—Cold fish of any kind may be advantageously served in the chafing dish the next day in the form of a curry. All that is necessary is to warm up the fish in the sauce; care must be exercised however not to break or separate the fish into too fine pieces. Canned salmon, etc., are all excellent and quite convenient for chafing dish cookery either plain or as a curry.

Brook Trout.—Small brook trout may be

sautéed in a chafing dish at table or they may be steamed by filling a hot water dish with hot water, then placing over it a sieve or steamer. The rising steam will cook the fish in a very few minutes. A little butter may be melted in a flat dish used as a cover.

Shad Roe a la Charles W. Brooke.—Scald a pair of shad roe, when cool remove the thin membrane. Put the roe into a small saucepan, cover with white wine, season with half a tea-spoonful of salt, one clove, and a very small piece of mace. Cover the dish and simmer half an hour.

Wash a pint of scallops in cold water, drain, put them into a saucepan and cover with hot water; season with ½ of a tea-spoonful of salt, an eighth of a bay leaf, four whole allspice and two cloves. Cover the dish and boil half an hour.

Put into a small saucepan a heaping table-spoonful of butter; as it melts whisk it and add a heaping table-spoonful of flour, and a gill of the water in which the scallops were boiled. Whisk rapidly and add another large spoonful of butter, another gill of the scallop water, a tea-spoonful of garlic juice, and ½ of a tea-spoonful of salt. Stir rapidly until quite smooth and of a velvety appearance, and incorporate

in it another spoonful of butter, using three in all.

Allow the sauce to cool a little, then whisk into it the beaten yolks of three eggs.

Drain off the water from the shad roe and the scallops.

Put the roe into a chafing dish, arrange the scallops over them neatly. Now cover the scallops with a thin layer of freshly grated horse-radish, using half a pint. Over this pour the sauce. Light the burner and when the horse-radish is thoroughly heated, serve.

Hamburg Herring.—We are indebted to a distinguished German gourmet for a most toothsome Lenten dainty. It is a fat herring which was put into a smoke house almost alive. When thoroughly smoked it is packed in tins while warm, and sealed. No salt is used in the curing of the dainty; they must therefore be used shortly after the tin is opened.

They taste like fresh herring—one of the sweetest of fish—with the addition of that peculiar appetizing flavor so characteristic of the products of the smoke house.

As a relish they are superior in flavor to kippered or any other style or kind of prepared fish. They are imported from Hamburg, Germany.

Like nearly every other kind of cured fish, this new tidbit requires but warming through to be fully appreciated.

Remove the skin carefully without breaking the flesh, warm it up with a little butter in a chafing dish.

Crab Cakes.—The meat from the hard shell crabs, after boiling, may be made into little cakes, held together with the yolk of an egg, seasoned with salt and pepper, then cooked on both sides in the chafing dish with a small amount of butter or oil.

Curry of Crabs.—Open a can of canned crab meat and turn it out into a dish; examine it for small pieces of shell; in their hurry the canners are sometimes careless and throw in pieces of shell with the meat. Make a curry sauce as for curry of scallops (which see), warm the crab meat in it and serve with boiled rice. The meat from fresh caught crabs of course is to be preferred, but the former is more convenient for city folks.

Soft Shell Crabs.—Clean the crabs by removing the sand pouch, and feathery gill like particles found under the side points of the shell; dry them in a towel, dredge with flour and cook them in a chafing dish until a delicate brown.

Soft Shell Crabs Deviled.—Make a paste of a table-spoonful of curry powder, a tea-spoonful of made English mustard, a tea-spoonful of Epicurean sauce, half a tea-spoonful of salt and a liberal tea-spoonful of oil; spread this paste over the soft crabs and cook them in the chafing dish at table with a liberal quantity of butter or beef drippings. Do not put them into the chafing dish until the fat is very hot.

Lobster Deviled.—Split the tail part of a boiled lobster in two, remove the thread like intestine found in the centre, cover with the paste recommended for Soft Crabs Deviled and cook ten minutes in the chafing dish. The raw lobster is much better for this purpose, but it must be cooked well.

Lobster Pompodoro.—Cut into neat pieces the tail part of two lobsters. Procure from an Italian grocer a can of pompodoro, which is a kind of imported tomato paste. Put into the chafing dish two heaping table-spoonfuls of table butter and three of the paste, whisk rapidly together as they melt, then add a pint of broth or water, simmer until it thickens; warm up the lobster in this. A hundred other food items may be similarly treated.

Lobster Patties.—The small patty shells

may be obtained from the nearest caterer or baker. Warm them before using.

Put into the hot water dish of the chafing dish two thirds of a pint of hot water; over this put the handled dish and in it boil a pint of milk. Dissolve a table-spoonful of flour in a little cold milk, add it to the hot milk; when thick stir in gradually two heaping table-spoonfuls of table butter. Let it become quite thick by cooking. Cut into small pieces the tail part of two boiled lobsters, season well with salt and pepper and over it squeeze a little lemon juice; add the lobster to the sauce, reduce the heat and serve by filling the heated shells with the mixture.

Lobster Cutlets.—Use live lobsters for this purpose. See to it that they are lively, then kill them by cleaving the heads in two; remove the tail part, cut each tail in two and cook the meat thoroughly with beef dripping or butter; season with salt and cayenne.

Lobster Paprika.—Fry in the chafing dish minced onion brown, with a table-spoonful of beef dripping or olive oil, add a pint of good strong beef broth or consomme, a tea-spoonful of the Hungarian mild red pepper called Paprika. Dissolve a tea-spoonful of flour in a gill of cold water, add it also with half a tea-

spoonful of salt, simmer until the sauce thickens a little, then add boiled lobster meat cut up, or in cutlet form ; simmer five minutes longer and serve. A tea-spoonful of pompodoro will improve this sauce.

Curry of Lobster.—A delicious curry may be made from lobster as follows :—Put into chafing dish a table-spoonful of butter. When it foams add a heaping table-spoonful of minced onion. Let the onion brown well, then add a heaping tea-spoonful of curry powder. Allow this to cook from three to five minutes or until it becomes almost black. Add a pint of rice water, or soup stock if preferred; season with half a tea-spoonful of salt, simmer five minutes and add a pint more of the rice water ; simmer until reduced nearly one-half, then warm up the lobster in the sauce and serve with boiled rice. There must be sufficient sauce to allow the meat to almost float about in it. The rice water referred to is water in which rice was boiled. It is scientifically of more nutritive value than the rice itself.

Rice for Curry.—The essential point to be gained is that after boiling, each grain of rice must be distinct and unbroken, yet tender and to every appearance fairly ready to burst yet remains intact. To accomplish this a small

quantity of rice must be cooked in a large volume of water. An ordinary half pint cupful of rice should be boiled in at least a gallon of water. It will surprise the uninitiated when they compare the bulk of the rice before and after cooking. The rice should be first well washed in several waters; reject all husks and imperfect grains; put the rice into cold water slightly salted and boil about twenty-five minutes. Old rice requires a little longer cooking. The grains should occasionally be tested, and when a slight pressure will crush them they are done. If boiled until the grains burst the rice is spoiled for serving with curry. If boiled in a small volume of water the rice is also rendered useless as the grains will stick together. After boiling, the rice should be placed over the range where it will throw off the moisture absorbed in the boiling.

Lobster a la Newburg.—Lobster a la Newburg is now a popular dish on our restaurant bills of fare.

A recent writer on gastronomic matters, in speaking of the origin of the dish said: "It was invented by a resident of Newburg on the Hudson, who named it after his native town."

Were it not for the fact that a number of

the old habitues of Delmonico's are still alive to prove the falsity of this statement, the future epicurean historian might be led to make the same error as past writers have made in their attempt to trace the origin of many of the popular dishes of to-day.

Lobster a la Newburg was invented by Ben Wenberg. "Ben" as he was called was in every sense of the word a true gastronome. Mr. Wenberg probably did more to popularize the chafing dish than any one of the patrons of Delmonico's. In those good old days Wenberg would gather about him a half a dozen congenial spirits, and cook for them at table the stewed lobster which honestly deserves to be named after him. Old Charles Delmonico once put a la Wenberg on the bill of fare in honor of its inventor but the modesty of the epicure objected so earnestly that to please him the first half of the name was reversed and the dish became Newburg instead of Wenberg. It is made as follows:

Put into a chafing dish three ounces of butter, stir it as it creams; add a gill of water containing a teaspoonful of flour, season with salt and cayenne; pour in a pint of boiled milk, stir and simmer till smooth. Beat up the yolks of three raw eggs, let the boiled

milk, etc. cool a little by reducing the heat, then add the egg, half a gill of sherry; work all together and in it warm up the meat from the boiled lobsters.

Almost every cook has a different way of making sauce; the most popular one is the cream sauce usually served with Terrapin. A friend of Mr. Wenberg's told me he did not use eggs in his.

Here is another formula.

La Newburg.—Divide two medium sized lobsters in halves. Remove the coral and creamy green fat and put one side. Put into a chafing dish two ounces of table butter. When it creams whisk into it a gill of Madeira or sherry. Simmer until reduced one-half. Beat together the yolks of three eggs and half a pint of rich cream, season with a little salt and cayenne pepper. Divide three ounces of table butter into little balls, dredge these with flour and one by one add to the sauce, whisking thoroughly as each butter ball is added. Reduce to a paste the coral and the tom-alley and stir into the sauce. Simmer until the sauce becomes of a creamy consistency, then add the lobster, mix and serve.

Shrimp Patties.—This is a delicious luncheon dish and may be prepared at table by the

lady, as the pattie shells may be obtained from the nearest caterer or baker. Put into the chafing dish a pint of hot milk, add to it a table-spoonful of flour previously dissolved in a little cold milk, simmer until thick and stir into it gradually two ounces of butter and half a tea-spoonful of salt. Open a can of New Orleans shrimp, take them out of the can and the linen bag in which they come and rinse in cold water; cut them in two and send to table with heated patty shells; warm up the shrimp in the sauce in the chafing dish, fill the patty shells and serve.

Shrimps in Butter.—Put into the chafing dish two table-spoonfuls of butter, toss the shrimp about in it, add the juice of half a lime, a dash of cayenne, a gill of water; cook three minutes and serve.

Codfish Tongues.—Scald the codfish tongues a moment, drain and cut them each into four pieces, cook them six minutes in the chafing dish with two table-spoonfuls of butter, add the juice of half a lemon, a sprig of parsley chopped up and a tea-spoonful of mushroom catsup.

Codfish Tongues No. 2.—Boil three codfish tongues in water slightly salted thirty minutes and send them to table for the chafing dish.

Put into the hot water dish half a pint of hot water, over this place the chafing dish proper. Bruise a clove of garlic, put it in the upper dish with a heaping table-spoonful of butter, whisk it with a wooden spoon, add a table-spoonful of flour and a pint of milk; stir constantly and whisk into it the beaten yolks of two eggs; season with salt and pepper, warm up the codfish tongues in the sauce, before serving, add the juice of a lemon. Care must be exercised not to allow the eggs to curdle.

Frogs Legs.—Boil four pairs of frogs legs in milk forty minutes and send to table for the chafing dish. They may afterwards be prepared for the guests by warming them up in any one of the sauces heretofore recommended.

Frog Leg Patties.—Boil the legs until the meat falls from the bone; remove the bones and send the meat to table with small patty shells previously warmed. Prepare a sauce as for lobster patties, warm the meat up in it and serve.

Curry of Salmon.—Cold boiled salmon may be served as a curry in a chafing dish and a salmon steak cooked in a curry sauce is very good eating, but there is no better way of serving canned salmon than as a curry. The only point is to be sure to buy the best

known brand of canned salmon. Fry a minced onion brown in the chafing dish with an overflowing table-spoonful of olive oil, add two tea-spoonfuls of curry powder, let cook a moment and add a pint of hot water, a table-spoonful of flour dissolved in cold water, a table-spoonful of tomato catsup or chutney, and a little salt, stir, simmer until the sauce thickens, then add the contents of a one pound can of salmon to the sauce; let it warm through before serving.

Eels.—Cut into three inch pieces two medium sized eels and parboil them half an hour; dry in a napkin. Cut into dice two medium sized slices of fat salt pork, fry the pork out and in the fat finish cooking the eels; add a little lemon juice before serving.

Stewed Eels.—Boil two pounds of medium sized salt water eels half an hour and send to table for the chafing dish. Put into the chafing dish two scant tea-spoonfuls of butter, a minced onion, a bit of mace and half a tea-spoonful of salt. Allow the onion to cook until it is in danger of becoming from straw to a darker color, then add a pint of boiled milk; add a scant tea-spoonful of flour dissolved in a little cold milk, when smooth add

the eels, simmer five minutes longer before serving.

Curried Eels.—Put into a chafing dish two table-spoonfuls of olive oil, before it gets too hot add a tea-spoonful of curry powder, now add a few pieces of cold eels, stir them round or shake the dish, to cover the pieces evenly with the curry; when thoroughly heated through, serve.

Curry of Eels.—Put into a chafing dish a heaping table-spoonful of butter, a minced onion, a tea-spoonful of curry powder, six pieces of raw eel, each about an inch long, cover and shake the dish to prevent burning; cook five minutes and add a pint of veal broth, or better still, fish consommé, a tea-spoonful of chutney or tomato sauce. Serve with boiled rice.

Turtle Steak.—Florida sends us turtle steak in cans, it is very convenient at times to have a can of it in the house; in fact, all modern canned goods are quite useful and convenient in chafing dish cookery. The prejudice against such prepared food is absurd. Cook the steak in butter, season with salt, cayenne, a few spoonfuls of good sherry or port, and serve on toast.

Turtle Steak Deviled.—Add to half a gill

of orange juice a tea-spoonful of corn powder and salt-spoonful of mustard, spread it over a turtle steak and cook the steak in a chafing dish five minutes on each side.

Turtle Steak a la Henry Guy Carleton.—Melt two ounces of butter in a chafing dish, add a table-spoonful of mushroom catsup, two table-spoonfuls of currant jelly, a gill of port wine, a dash of cayenne and a little salt. In this simmer the steak till tender; finally add the juice of half a lime and serve.

Curry of Prawns.—Put into a chafing dish a heaping table-spoonful of butter, when hot add a chopped spring onion or a young leek, cook a few moments and add a heaping tea-spoonful of curry powder, stir to prevent burning, allow it to cook a moment and add half a pint of hot water or beef stock, one small sour apple peeled and cut into dice, a square of sugar and a tea-spoonful of epicurean sauce; cover and simmer until the apple is cooked, then add another half pint of beef broth, a quart of boiled prawns add to the sauce, heat them through, season with a small quantity of salt and a table-spoonful of tomato catsup, pour out the curry on to a hot platter, surround it with a border of boiled rice, squeeze over the curry the juice of half a lemon and serve.

Terrapin.—Prepared terrapin is always to be had in New York and for this reason it is often seen served out of season. Thus prepared it simply requires warming up in the chafing dish, with a little sherry added.

Terrapin No. 2.—A great deal of care should be exercised in selecting the live terrapin. This is the first and at the same time the most important step in the preparation of the dish. The best should be fresh caught and fresh and healthy looking, a pen terrapin spends most of its time seeking freedom. It worries under restraint and will prove poor eating, the liver will taste so rank that one can hardly eat it. The legs of the penned terrapin will show ebrasions on the under side where the poor thing injured itself seeking an avenue of escape.

The right kind selected, plunge it into boiling water and boil fifteen minutes; when cool remove the under shell, the skin from the legs, the gall bag and entrails and throw this refuse away. Put the remainder into a saucepan, season it with salt and a dash of cayenne; add just water enough to prevent burning and simmer an hour. Now add a gill of good sherry and put it away as it is better the next day. Put into the chafing dish a scant table-

spoonful of table butter, and a salt-spoonful of flour, rub this smooth and add the terrapin with two table-spoonfuls of sherry, cook three minutes and serve.

Snails.—Rinse a quart of snails in cold water slightly salted, drain and boil them half an hour in barely sufficient water to cover them ; when cool pick them out of the shells, cut off the nose and the tip end of the tails, put them back in the shells, then put them into the chafing dish, add half a pint of strong beef gravy or broth, a table-spoonful each of epicurean sauce and claret, salt to taste, simmer until the sauce is nearly evaporated.

Snails on Toast.—Boil the snails as in the foregoing recipe, pick them out of the shells and chop them fine, season slightly with salt, white pepper and nutmeg, warm this hash in the chafing dish with a little butter, when ready serve on thin buttered toast.

Poached Eggs.—In parts of New England they call this dish "poached eggs." Beat up six eggs, add a salt-spoonful of salt and a pint of milk. Put over the hot water dish the chafing dish proper ; put into the latter a table-spoonful of butter, when melted stir in the egg mixture and keep stirring it with a fork until it sets. Serve on toast.

Poached Eggs.—Put into the hot water dish of the chafing dish, six poached egg rings, surround them with hot water, carefully break an egg into each ring and when firm place on buttered toast.

Eggs with Cheese.—Break into a well buttered chafing dish six eggs, stir them back and forth with a fork as for scrambled eggs; when set, sprinkle a few drops of vinegar over the eggs, salt and pepper to taste and finally a liberal layer of grated cheese.

Eggs with Asparagus Tops.—Proceed as in the foregoing recipe except to omit the cheese and substitute asparagus points from the asparagus left from the preceding dinner. When the asparagus points are hot, serve.

Eggs with Brown Butter.—Allow three heaping table-spoonfuls of butter to cook in the chafing dish until almost black. Drop into it carefully four eggs and as they cook, throw the butter over them with a spoon. When well done place on thin toast, add a few drops of tarragon vinegar and serve.

Eggs with Chives.—Break six eggs into the chafing dish proper, which should be placed over the hot water dish, add to them a tea-spoonful of chopped chives, a dash of paprika, a little salt, and serve.

Eggs a la Brisbane.—Mr. Arthur Brisbane, the distinguished journalist, prepares scrambled eggs in a chafing dish and serves with them a rich truffled sauce called sauce Perigord. It is a delightful late supper dish; those who can afford it are referred to Mr. Murrey's more pretentious works for the recipe of the sauce.

Boiled Eggs.—The chafing dish is just the thing for boiling eggs at table in hot weather.

Eggs with Curry.—Sprinkle over six scrambled eggs while they are cooking half a teaspoonful of dry curry powder and serve on toast.

Eggs with Garlic Oil.—Divide a bulb of garlic into cloves, remove the outside husks, cut each clove into thin strips lengthwise, put them into half a pint bottle and fill the bottle with olive oil; in a week the oil will take on the flavor of the garlic and use this oil for frying eggs. While cooking keep the cover on as the oil spatters.

Eggs with Kidneys.—Scald three mutton kidneys, remove the thin skin over them and cut them into thin slices. Put into the chafing dish a table-spoonful of beef drippings, when hot add a chopped Bermuda onion; when slightly browned add the kidneys, salt

and white pepper to taste, cook the kidneys three minutes, add four raw eggs and when the latter becomes firm, serve.

Kidneys with Bacon.—Put into the chafing dish two table-spoonfuls of chopped bacon. When well cooked add three scalded, skinned and sliced kidneys, cook four minutes, season with a little white pepper, and serve.

Kidneys and Potatoes.—Wash, peel and cut into small dice two medium sized raw potatoes. Scald and skin three mutton kidneys, quarter them, chop up sufficient celery to make a tea-spoonful. Put into a chafing dish a scant table-spoonful of butter; when quite hot, put in the potatoes, stir to prevent sticking to the dish, add the celery, then the kidneys and half a pint of good rich brown gravy. Season with salt and pepper and a table-spoonful of mushroom catsup. Cover and simmer six minutes and serve.

Kidneys with Mushrooms.—Scald, skin and quarter six lambs' kidneys, cut into thin slices the contents of half a can of French mushrooms. Put into the chafing dish a heaping table-spoonful of butter, a minced onion and a very small piece of a bay leaf; when the onion is quite brown add a tea-spoonful of browned flour; stir into the dish

a pint of beef broth and a scant tea-spoonful of kitchen bouquet; season with half a tea-spoonful of salt and a salt-spoonful of white pepper, add the kidneys and the mushrooms, stir to prevent burning and cook six minutes.

Curried Veal Chops.—Mix together a heaping table-spoonful of curry powder, two salt-spoonfuls of salt, a tea-spoonful of "made" mustard, a dash of cayenne, a tea-spoonful of epicurean sauce, and olive oil enough to make a paste; spread a little of this on both sides of the chops, then dip in beaten egg, roll in bread crumbs and fry in the chafing dish.

Veal Tomato Sauce.—Cut into neat slices a small quantity of cold roast veal. Put into the chafing dish two table-spoonfuls of butter, three table-spoonfuls of pompodoro—Italian tomato paste—and a pint of veal broth, salt and cayenne to taste. When smooth add the meat and serve when quite hot.

Curry of Sweetbreads.—Select two fine sweetbreads, scald them and remove from them all sinews, etc. Put them into water slightly salted, cover and parboil half an hour; drain, and keep in cold water till wanted. Prepare a plain curry sauce in the chafing dish; slice the sweetbreads, cook them in the sauce ten minutes and serve.

Calf's Liver with Bacon.—Cut three small thin slices of bacon into inch pieces and cook them well done in a chafing dish, add to the dish one and one half more calf's liver sliced quite thin. Cook until the liver begins to curl up on the sides.

Calf's Liver with Gravy.—Prepare in the chafing dish a brown gravy, similar to, (instructions for Kidneys with Mushrooms) and in this sauce simmer three thin slices of calf's liver.

Roast Beef for Breakfast or Luncheon.—Put into the chafing dish a table-spoonful of beef drippings; when hot, add a medium sized red onion, chopped fine, two whole cloves, four pepper corns, broken, two allspice, the smallest bit of bay leaf, a sprig each of green parsley and celery. When the onion is quite brown, add a pint and a half of hot water, or better still beef broth. Simmer six minutes, add salt and cayenne. Dissolve a heaping table-spoonful of flour in a gill of cold water; rub it smooth, add a few spoonfuls of the hot sauce to the flour, then pour it into the dish, stir well and add half a tea-spoonful of kitchen boquet; in this warm up cold roast beef.

Steak Rechauffe.—Divide into small balls

four ounces of butter, dredge these with flour. Put one fourth of them into a chafing dish and over the hot water dish ; as it melts whisk it rapidly and add a pint of hot water, whisk rapidly and gradually add one fourth more of the butter balls, repeat this process until the butter is all used. Let the sauce cool a little, season with sauce and white pepper. Bruise all over a piece of cold broiled sirloin steak the juice of three cloves of garlic ; now return to the sauce, and add to it while off the flame, the yolks of two raw eggs, if too hot the eggs will separate ; in this sauce warm up the steak.

Tripe.—Select the double tripe if possible ; boil a pound of it an hour and a half. When wanted warm it up in a sauce made as per recipe for cold steak.

Curried Tripe.—Rinse off a pound of fresh tripe in scalding hot water, drain it, cut it into conveniently sized pieces, and boil them in water slightly salted, an hour and a half, then add the tripe to a plain curry sauce made in the chafing dish and serve with boiled rice.

Curried Tripe and Onions.—Cut into slices three Bermuda or white onions. Fry in the chafing dish a delicate brown, with three table-spoonfuls of olive oil ; strew over the onion a tea-spoonful of curry-powder, add half

a pound of cold boiled tripe, cover the dish, and shake the pan to prevent burning; when the onion is cooked, serve.

Chops and Cutlets.—It is really surprising how quickly and how very perfect chops, steaks and cutlets of all kinds can be cooked in a chafing dish at table. The dish must invariably be kept covered to prevent the hot fat from jumping out. I have cooked chops perfectly in from four to seven minutes, the variation in time depending upon the thickness of the meat.

Pig's Feet.—It is more convenient and more economical to buy pig's feet already boiled, split them in two and saute in the chafing dish. Care must be exercised to use sufficient fat to prevent sticking to the dish.

Potatoes Lyonnaise.—Cut two red onions into quarters, then into strips and fry them in a chafing dish with either butter or beef drippings. Cut up into small slices five medium sized new potatoes—boiled—and cook them well with the onion.

Potatoes a l'Ete.—Peel and slice two raw new potatoes. Put into the chafing dish a heaping table-spoonful of beef dripping. When quite hot lay in the slices of potato; when a delicate brown on one side turn each piece.

Potato Dice.—Cut raw potatoes into dice and cook them well in the chafing dish. Time for three potatoes ten minutes, stir to prevent burning.

Mushrooms.—Remove all grit and peel a dozen freshly gathered mushrooms, remove the stems; melt a tea-spoonful of butter in the chafing dish and before it gets too hot lift the dish off and put it on a plate. Cover the bottom of the dish with mushrooms; on top of each mushroom put a bit of butter the size of a marble; season each with a little salt and pepper. Return the dish to the flame, and cook three minutes.

Puff-balls.—At certain seasons puff-balls are found in profusion in the fields and pastures. What surprises me is that so few people know that they are a most delightful, nutritious and wholesome fungi. They should be gathered when the inside is of a creamy white; when touched with a streak of yellow, or are spongy they are too old. Peel them, cut them into thin slices and fry them in the chafing dish plain. They may be also stewed in the chafing dish.

Green Peas.—When green peas become dry and old they require considerable cooking but when fresh and a beautiful green they re-

quire but little cooking and this little is best accomplished in a chafing dish. After removing them from the pods, put them in the chafing dish. To a quart of peas add water enough to cover the bottom of the pan, say a little less than a pint; the steam arising from the water cooks the peas and the heat from the alcohol flame is so intense that the peas are cooked so quickly they retain their delicate green color. Season with salt, white pepper, and be liberal with the best butter.

Canned Peas.—Open the can, rinse off the peas with cold water, then simply warm them in the chafing dish; longer cooking spoils them.

Chicken Gallosch.—Cut into dice two medium sized raw potatoes. Put into the chafing dish a table-spoonful of olive oil; when hot add the potato, stir to prevent burning, and after five minutes cooking add, half a teaspoonful of paprika, half a pint of hot water, a clove of garlic, half a pound of cold roast chicken cut into dice, half a salt-spoonful of salt; stir occasionally, cover while cooking and when the potatoes are done serve.

Beef Gallosch.—Proceed as in the foregoing recipe, using half an onion instead of the clove of garlic, and flank steak cut small instead of chicken; but it should be raw meat.

Pork Tenderloin.—Fry an onion slightly in the chafing dish, with a table-spoonful of butter; cut into dice a small pork tenderloin, add it to the dish and cook it thoroughly; now add half a pint of gravy or broth, salt and cayenne to taste and two warm, boiled new potatoes cut into dice, cover and serve with a cucumber salad for breakfast or luncheon.

The Mysteries of Welsh Rabbits.—Everybody who has tasted a rightly composed Welsh rabbit likes it, but not every one dares to repeat the indulgence because of the difficulty some people have of digesting it.

I have discovered a simple method of making the dish digestible, and first made my discovery known through the culinary column of the New York *Herald.*

The secret is to add paprika to the cheese.

It may surprise the lover of Welsh rabbits to learn that by the addition of this simple condiment its indigestibility is overcome.

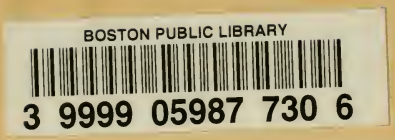
The formula for making the digestible Welsh rabbit is as follows :—

For a party of four grate a pound of what is known as "full cream American cheese;" put into the chafing dish a "walnut" of butter; as it melts stir it with a wooden spoon to grease the bottom of the dish, then add the grated

cheese. As the cheese melts, stir it, and add a table-spoonful of old American or imported ale. It will now begin to stick to the dish ; to prevent this, stir and gradually add spoonfuls of ale until the mixture is smooth and velvety in appearance. Stir into the cheese a table-spoonful of paprika ; mix well, and when of a creamy consistency put spoonfuls of it on hot, dry toast.

Hot plates are absolutely necessary.

The amount of ale required varies according to the quality of the cheese, but about one and a half gills of ale is all that is required ; should this amount thin out the cheese too much, the mixture must be rapidly stirred to evaporate the unnecessary moisture.



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